

AN
ABSTRACT
OF A
TREATISE

WROTE BY

MICHAEL DE MOLINOS;

INTITLED,

The Spiritual Guide.

L O N D O N:

Printed in the Year M D C C L X X I V.

A B S T R A C T

OF THE

WORKS

OF MICHAEL MONTAGUE

ESQ.

The Spiritual Guide



L. O. N. D. O. N.

Printed in the Year 1822



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THE

P R E F A C E.

THE Way of inward Peace, is, in all Things to be conformable to the Pleasure and Disposition of the divine Will. Such as would have all Things succeed and come to pass according to their own Fancy, are not come to know this Way, *Viam pacis non cognoverunt*, Psalm 13. And therefore lead a harsh and bitter Life, always restless and out of Humour, without treading in the Way of Peace, which consists in a total Conformity to the Will of God.

This Conformity is the sweet Yoke that introduces us into the Regions of internal Peace and Serenity. Hence we may know, that the Rebellion of our Will, is the chief Occasion of our Disquiet ; and that because we will not submit to the sweet Yoke of the divine Will, we suffer so many Straits and Perturbations. O Soul ! If we submit our own to the divine Will, and to his Disposition, what Tranquillity should we feel ! What sweet Peace ! What inward Serenity ! What supreme Felicity, and earnest Bliss ! This then is to be the Burden of this Book. May it please GOD to give me his divine Light, for discovering the secret Parts of this inward Way, and chief Felicity of perfect Peace.

PART



P A R T I.

Of the Darkneſs, Dryneſs, and
Temptations, wherewith God
purges Souls, and of internal
Recollection.

C H A P. I.

*To the End God may reſt in the Soul, the
Heart is always to be kept peaceable in
whatſoever Diſquiet, Temptations and
Tribulation.*

THOU art to know, that thy Soul
is the Center, Habitation, and
Kingdom of God. That there-
fore, to the end the Sovereign King may
reſt on that Throne of thy Soul, thou
oughteſt to take Pains to keep it clean,
quiet, void and peaceable; clean from
Guilt and Defects; quiet from Fears;

void of Affections, Desires and Thoughts;
and peaceable in Temptations and Tribulations.

Thou oughtest always to keep thine Heart in Peace, that thou mayst keep pure that Temple of God : and with a right and pure Intention, thou art to work, pray, obey, and suffer, without being in the least moved, whatever it pleases the Lord to send unto thee. Because it is certain, that for the good of thy Soul, and for thy spiritual Profit, he will suffer the envious Enemy to trouble that City of Rest, and Throne of Peace, with Temptations, Suggestions, and Tribulations, and by the Means of Creatures, with painful Troubles, and grievous Persecutions.

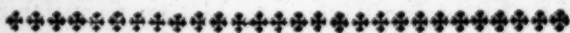
Be constant, and chear up thine Heart in whatsoever Disquiet these Tribulations may cause to thee. Enter within it, that thou mayst overcome it, for therein is the divine Fortress which defends, protects, and fights for thee. If a Man hath a safe Fortress, he is not disquieted, though his Enemies pursue him, because by retreating within it, these are disappointed and overcome. The strong Castle that will make thee triumph over all thine
Enemies,

Enemies, visible and invisible, and over all their Snares and Tribulations, is within thine own Soul, because in it resides the divine Aid and sovereign Succour. Retreat within it, and all will be quiet, secure, peaceable and calm.

It ought to be thy chief and continual Exercise, to pacify that Throne of thy Heart, that the supreme King may rest therein. The way to pacify it, will be to enter into thyself by Means of internal Recollection; all thy Protection is to be Prayer, and a loving Recollection in the divine Presence. When thou seest thyself more sharply assaulted, retreat into that Region of Peace, where thou wilt find the Fortress. When thou art more Faint-hearted, betake thyself to this Refuge of Prayer, the only Armour for overcoming the Enemy, and mitigating Tribulation: Thou oughtest not to be at a distance from it in a Storm, to the End thou mayst, as another *Noah*, experience Tranquillity, Security and Serenity, and to the End thy Will may be resigned, devout, peaceful, and courageous.

Finally, Be not afflicted nor discouraged to see thyself Faint-hearted, he returns to quiet thee, that still he may stir thee,

thee, because this divine Lord will be alone with thee, to rest in thy Soul, and form therein a rich Throne of Peace; that within thine own Heart, by Means of internal Recollection, and with his heavenly Grace, thou mayst look for Silence in Tumult; Solitude in Company; Light in Darkness; Forgetfulness in Pressures; Vigour in Despondency; Courage in Fear; Resistance in Temptation; Peace in War; and Quiet in Tribulation.



C H A P. II.

Though the Soul perceive itself deprived of inward Discourse, yet it ought to persevere in Prayer, and not to be afflicted, because that is its greater Felicity.

THOU wilt find thyself, as all other Souls that are called by the Lord to the inward Way, full of Confusion and Doubts, because in Prayer thou hast failed in Discourse: It will seem to thee that God does no more assist thee as formerly, that

that the Exercise of Prayer is not in thy Power ; that thou loſeſt Time, whiſt hardly and with great Trouble thou cannot make one ſingle Ejaculation as thou was wont to do.

How much Confuſion, and what Perplexities will that want of enlarging thyſelf in mental Diſcourſe raiſe in thee ? And in ſuch a Juncture thou wilt certainly conclude that thy Soul is out of order, and that for the Security of thy Conſcience, thou ſtandeſt in Need of a general Confeſſion ; and all that will be got by that Care, will be the Shame and Confuſion of both. O how many Souls are called to the inward Way ! and the ſpiritual Directors, for want of Underſtanding their Caſe, inſtead of guiding and helping them forwards, ſtop them in their Courſe, and ruin them.

Thou oughteſt then to be perſuaded, that thou mayſt not draw back, when thou wanteſt Expansion and Diſcourſe in Prayer ; that it is thy greateſt Happineſs, becauſe it is a clear Sign that the Lord will have thee to walk by Faith and Silence in his divine Preſence, which is the moſt profitable and eaſieſt Path ; in Reſpect, that with a ſimple View, or

Attention to God, the Soul appears like a humble Supplicant before its Lord, or as an innocent Child, that casts itself into the sweet and safe Bosom of its dear Mother. Thus did *Gerson* express it; "Tho' I have spent Forty Years in Reading and Prayer, yet I could never find any Thing more efficacious, nor compendious for attaining to Mystical Theology, than that our Spirit should become like a young Child and Beggar in the Presence of God."

That kind of Prayer is not only the easiest, but the most secure; because it is abstracted from the Operations of the Imagination, that is always exposed to the Tricks of the Devil, and the Extravagancies of Melancholy and Ratiocination, wherein the Soul is easily distracted, and being wrapt up in Speculation, reflects on itself.

When God had a mind to instruct his own Captain, *Moses*, *Exod.* xxiv. and give him the two Tables of the Law, written in Stone, he called him up to the Mountain, at which Time God being there with him, the Mount was darkened, and environed with thick Clouds, *Moses* standing idle, not knowing what to think or
say.

say. Seven Days after, God commanded *Moses* to come up to the top of the Mountain, wherein he shewed him his Glory, and filled him with great Consolation.

So in the Beginning, when God intends after an extraordinary Manner, to guide the Soul into the School of the divine and loving Notices of the internal Law, he makes it go with Darkness and Dryness, that he may bring it near to himself; because the divine Majesty knows very well, that it is not by the Means of one's own Reasoning, or Industry, that a Soul draws near to him, and understands the divine Documents; but rather by silent and humble Refignation.

The Patriarch *Noah* gave a great Instance of this; who after he had been by all Men reckoned a Fool, floating in the middle of a raging Sea, wherewith the whole World was overflowed, without Sails and Oars, and environed with wild Beasts, that were shut up in the Ark, walked by Faith alone, not knowing, not understanding what God had a mind to do with him.

What most concerns thee, O redeemed Soul, is Patience, not to desist from the Prayer

Prayer thou art about, though thou cannot enlarge in Discourse. Walk with firm Faith, and a holy Silence, dying in thyself, with all thy natural Industry, trusting that God, who is the same and changes not, neither can err, intends nothing but thy good. It is clear that he who is a dying, must needs feel it; but how well Time is employed, when the Soul is dumb and resigned in the Presence of God, there, without any Hurry or Distraction, to receive the divine Influences?

The Senses are not capable of divine Blessings: hence, if thou wouldst be happy and wise, be silent and believe: Suffer and have Patience; be confident and walk on; it concerns thee far more to hold thy Peace, and to let thyself be guided by the Hand of God, than to enjoy all the Goods of this World. And though it seem to thee, that thou dost nothing at all, and art idle, being so dumb and resigned; yet it is of infinite Fruit.

Consider the blinded Beast, that turns the Wheel of the Mill, which though it sees not, neither knows what it does, yet does a great Work in grinding the Corn; and although it taste not of it, yet its

Master

Master receives the Fruit, and tastes of the same. Who would not think during so long a Time that the Seed lies in the Earth but that it were lost? Yet afterwards it is seen to spring up, grow and multiply. God does the same with the Soul, when he deprives it of Consideration and Ratiocination: Whilst it thinks it does nothing, and is in a Manner undone, in Time it comes to itself again, improved, disengaged, and perfect; having never hoped for so much Favour.

Take Care then that thou afflict not thyself, nor draw back, though thou cannot enlarge thyself, and discourse in Prayer; suffer, hold thy Peace, and appear in the Presence of God; persevere constantly, and trust to his infinite Bounty, who can give unto thee constant Faith, true Light, and divine Grace. Walk as if thou wert blindfolded, without thinking or reasoning; put thyself into his kind and paternal Hands, resolving to do nothing but what his divine Will and Pleasure is.



C H A P. III.

A Sequel of the same Matter.

IT is the common Opinion of all the holy Men, who have treated of the Spirit, that the Soul cannot attain to Perfection and an Union with God, by Means of Reasoning; because this is only good for beginning the spiritual Way, to the End one may acquire a Habit of Knowledge of the Beauty of Virtue, and the Ugliness of Vice.

O how are, in a manner, infinite Numbers of Souls to be pitied, who from the Beginning of their Life to the End, employ themselves in mere Meditation, constraining themselves to Reason, although God Almighty deprives them of Reasoning, that he may promote them to another State, and carry them on to a more perfect kind of Prayer; and so for many Years they continue imperfect, and in the Beginning, without any Progress, or having as yet made one Step in the
Way

Way of the Spirit; beating their Brains about the Frame of the Place, the Choice of the Minutes, Imaginations, and strained Reasonings; seeking God without, when in the mean Time they have him within themselves.

Austin complained of that, in the Time when God led him to the Mystical Way, saying to his divine Majesty, " I, Lord, " went wandering like a strayed Sheep, " seeking Thee with anxious Reasoning " without, whilst Thou wast within me; " I wearied myself much in looking " for Thee without, and yet Thou hast " thy Habitation within me, if I long " and breath after thee. I went round " the Streets and Places of the City of " this World, seeking Thee, and found " Thee not; because in vain I sought " without for him, who was within my- " self." *Soliloq.* c. 31.

Thomas, for all he was so circumspect in his Writings, may seem yet to speak lightly of those who go always in search of God without, by Means of Ratiocination, when they have him present within themselves. " There is great Blindness, and " excessive Folly in some (says he) who " always

“ always seek God outwardly, continually
 “ ly sigh after God, often long for God,
 “ invoke and call upon God daily in
 “ Prayer; they themselves (according to
 “ the Apostle) being the living Temple
 “ of God, and his true Habitation, since
 “ their Soul is the Seat and Throne of
 “ GOD, where he continually rests.
 “ Who then but a Fool will look for
 “ an Instrument abroad, which he knows
 “ he has fast shut up within Doors? Or,
 “ who can refresh himself with the Food
 “ he desires, and yet not taste it? Such
 “ exactly is the Life of some just Men,
 “ always seeking, and never enjoying;
 “ and therefore all their Works are im-
 “ perfect.” *Opusc. 63. c. 3. in fin.*

It is certain, that our Lord CHRIST
 taught Perfection to all, and ever will
 have all to be Perfect, particularly the
 Ignorant and Simple. He clearly mani-
 fested this Truth, when for his Apostles
 he chose the smallest and most ignorant,
 saying to his eternal Father, *I thank thee,*
O Father, Lord of Heaven and Earth, be-
cause thou hast hid these Things from the
Wise and Prudent, and hast revealed them
unto Babes, Matt. xi. and it is certain,
 that

that these cannot acquire Perfection, by acute Meditations, and subtil Reasonings, though they are as capable as the most learned to attain to Perfection by the Affections of the Will, wherein principally it consists.

Bonaventure teaches us not to form Conceptions of any Thing, no not of God, because it is Imperfection to make Representations, Images and Ideas, how subtil or ingenious soever, either of the Will, or of the Goodness, Trinity and Unity; nay, of the divine Essence itself: In respect that though all these Representations appear *Deiform*, yet are they not God, who admits of no Image or Form. We must not here think any Thing of Creatures, of Angels, nor of God himself; because that Wisdom and Perfection is not acquired by nice and quaint Meditation, but by the Desire and Affection of the Will.

Wouldst thou disquiet thyself, and leave off Prayer, because thou knowest not, or cannot tell how to enlarge therein, though thou mayst have a good Will, good Desire, and pure Intention? If the young Ravens, forsaken of the old, be-
cause

cause seeing them without black Feathers, they think them spurious, are by the Dew of Heaven fed, that they may not perish; what will he do to redeemed Souls, though they cannot speak nor reason, if they believe, trust, and open their Mouths to Heaven, declaring their Wants? Is it not more certain that the divine Bounty will provide for them, and give them their necessary Food?

Manifest it is, that it is a great Martyrdom, and no small Gift of God, for the Soul, finding itself deprived of the sensible Pleasures it had, to walk by holy Faith only, through the dark and desert Paths of Perfection, to which, notwithstanding it can never attain, but by this painful, though secure Means. Wherefore endeavour to be constant, and not draw back; though Discourse be wanting to thee in Prayer, believe at that Time firmly, be quietly silent, and patiently persevere, if thou wouldst be happy, and attain to the divine Union, eminent Rest, and to the supreme internal Peace.

C H A P.



CHAP. IV.

The Soul is not to afflict itself, nor intermit Prayer, because it sees itself encompassed with Dryness.

THOU shalt know that there are two sorts of Prayer, the one tender, delightful, amiable, and full of Sentiments; the other obscure, dry, desolate, tempted and darksome. The first is of Beginners, the second of Proficients, who are in the progress to Perfection. God gives the first to gain Souls, the second to purify them. With the first he uses them like Children; with the second he begins to deal with them as with strong Men.

The first Way may be called the animal Life, and belongs to them who go in the Track of the sensible Devotion, which God uses to give to Beginners, to the End that being endowed with that small Relish, as the natural Man is with the sensible Object, they may addict themselves

themselves to the spiritual Life. The second is called the Life of Men, and belongs to those, who not minding sensible Pleasures, fight and war against their own Passions, that they may conquer and obtain Perfection, the proper Employment of Men.

Assure thyself, that Dryness or Aridity is the Instrument of thy good, because it is nothing else but a Want of Sensibility, that *Remora* which puts a Stop to the Flight of almost all spiritual Men, and makes them even draw back, and leave off Prayer: As may be seen in many Souls, which only persevere whilst they taste sensible Consolation.

Know that the Lord makes use of the Vail of Dryness, to the End we may not know what he is working in us, and so be humble; because if we felt and knew what he is working in our Souls, Satisfaction and Presumption would get in, imagining that we were doing some good Thing, and reckoning ourselves very near to God; which would be our undoing.

Lay this down as a firm Ground in thine Heart, that for walking in the inward Way, all Sensibility should first be removed;

removed; and that the Means God uses for that, is Dryness. By that also he takes away Reflection, or that View whereby the Soul eyes what it is doing, the only Impediment that obstructs the advancing forward, and God's communicating himself, and operating in it.

Thou oughtest not then to afflict thyself, nor think that thou reapest no Fruit, because in coming from Prayer, thou hast not the Experience of many Sentiments, since that is a manifest Cheat. The Husbandman sows in one Time, and reaps in another: So God, upon Occasion, and in his own due Time, will help thee to resist Temptation, and when least thou thinkest, will give thee holy Purposes, and more effectual Desires of serving him. And to the End thou mayst not suffer thyself to be transported by the violent Suggestions of the Enemy, who will enviously persuade thee, that thou dost nothing, and that thou lovest Time, that so thou mayest neglect Prayer: I will declare to thee some of the infinite Fruits that thy Soul reaps from that great Dryness.

The

The first is, to persevere in Prayer, from which Fruit spring many other Advantages.

2. Thou wilt find a loathing of the Things of the World, which by little and little tends to the stifling of the bad Desires of thy past Life, and the producing of other new Ones of serving God.

3. Thou wilt reflect upon many Failings, on which formerly thou didst not reflect.

4. Thou wilt find, when thou art about to commit any Evil, an Advertency in thy Heart, which restrains thee from the Execution of it, and at other Times from speaking, lamenting, or revenging thyself; that will take thee off from some little earthly Pleasure, or from this or the other Occasion; or Conversation, into which formerly thou wast running in great Peace and Security, without the least Check or Remorse of Conscience.

5. After that through Frailty thou hast fallen into some light Fault, thou wilt feel a Reproof for it in thy Soul, which will exceedingly afflict thee.

6. Thou wilt feel within thyself, Desires of Suffering, and of doing the Will of God.

7. An

7. An Inclination to Virtue, and greater Ease in overcoming thyself, and conquering the Difficulties of the Passions, and Enemies that hinder thee in the Way.

8. Thou wilt know thyself better, and be confounded also in thyself, feel in thee a high Esteem of God above all created Beings, a Contempt of Creatures, and a firm Resolution not to abandon Prayer, though thou knowest that it will prove to thee a most arduous Task.

9. Thou wilt be sensible of greater Peace in thy Soul, Love to Humility, Confidence in God, Submission and Abstraction from all Creatures; and finally, the Sins thou hast omitted since the Time thou exercisedst thyself in Prayer, are so many Signs, that the Lord is working in thy Soul, (though thou knowest it not) by Means of dry Prayer; and although thou feelest it not whilst thou art in Prayer, thou wilt feel it in his due Time, when he shall think it fit.

All these, and many other Fruits, are like new Buds that spring from the Prayer which thou wouldest give over, because it seems to thee to be dry, that thou seest no Fruit of it, nor reapest no Advantage

Advantage therefrom. Be constant and persevere with Patience, for though thou knowest it not, thy Soul is profited thereby.

It is not to be said, that the Soul is idle; because though it operate not *actively*, yet the Holy Ghost operates in it. Besides, that it is not without all Activity, because it operates, though spiritually, simply and intimately. For to be attentive to God, draw near to him, to follow his internal Inspirations, receive his divine Influences, adore him in his own intimate Center, reverence him with the pious Affections of the Will, to cast away so many and so fantastical Imaginations, and with Softness and Contempt to overcome so many Temptations: All these, I say, are true Acts, though simple, wholly spiritual, and in a Manner imperceptible, through the great Tranquillity wherewith the Soul exerts them.

C H A P.

C H A P. V.

The Soul is not to be disquieted, that it sees itself encompassed with Darknes, because that is an Instrument of its greater Felicity.

THERE are two Sorts of Darknes : Some unhappy, and others happy : The first are such as arise from Sin, and are unhappy, because they lead the Soul to an eternal Precipice. The second are those which the Lord suffers to be in the Soul, to ground and settle it in Virtue; and these are happy, because they enlighten it, fortify it, and cause greater Light therein: so that thou oughtest not to grieve and disturb thyself, nor be disconsolate in seeing thyself obscure and darksome, judging that God hath failed thee, and the Light also that thou formerly hadst the Experience of; thou oughtest rather at that Time to persevere constantly in Prayer, it being a manifest Sign that God of his infinite Mercy intends to bring thee into the inward Path, and happy Way of Paradise. O how happy wilt thou be, if thou embrace

brace it with Peace and Resignation, as the Instrument of perfect Quiet, true Light, and of all thy spiritual good.

Know then, that the straitest, most perfect and secure Way of Proficients, is the Way of Darknes; because in them the Lord placed his own Throne; and *he made Darknes his secret Place*, Psal. xviii. by them the supernatural Light, which God infuses into the Soul, grows and increaseth; amidst them, Wisdom and strong Love are begotten; by Darknes the Soul is annihilated, and the *Species*, which hinders the right View of the divine Truth, are consumed. By this Means God introduces the Soul by the inward Way into the Prayer of Rest, and of perfect Contemplation, which so few have the Experience of. Finally, by Darknes the Lord purges the Senses and Sensibility, which hinder the Mystical Progress.

See now if Darknes be not to be esteemed and embraced. What thou oughtest to do amidst them, is to believe that thou art before the Lord, and in his Presence; but thou oughtest to do so, with a sweet and quiet Attention; not desire to know any Thing, nor search after Delicacies,

licacies, Tenderneſſes, or ſenſible Devotions, nor do any Thing but what is the good Will and Pleaſure of GOD; becauſe otherwiſe thou wilt only make Circles all thy Life-time, and not advance one Step towards Perfection.



CHAP. VI.

To the End the Soul may attain to the ſupreme internal Peace, it is neceſſary that God purge it after his Way, becauſe the Exerciſes and Mortifications that of itſelf it ſets about, are not ſufficient.

SO ſoon as thou ſhalt firmly reſolve to mortify thy external Senſes, that thou mayeſt advance towards the high Mountain of Perfection and Union with God; his divine Majeſty will ſet his Hand to the purging of thy evil Inclinations, inordinate Deſires, vain Complacency, Self-love and Pride, and other hidden Vices, which thou knoweſt not, and yet reign in the inner Parts of thy Soul, and hinder the divine Union.

Thou wilt never attain to this happy State, though thou tire thyself out with the external Acts of Mortification and Resignation, until the Lord purge thee inwardly, and discipline thee after his own Way, because he alone knows how secret Faults are to be purged out. If thou persevere constantly, he will not only purge thee from Affections and Engagements to natural and temporal Goods, but in his own Time also he will purify thee with the supernatural and sublime; such as are internal Communications, inward Raptures and Extasies, and other infused Graces, on which the Soul rests and enjoys itself.

God will do all this in thy Soul by Means of the Cross and Dryness, if thou freely givest thy Consent to it by Resignation, and walking through those darksome and desert Ways. All thou hast to do, is to do nothing by thy own Choice alone. The Subjection of thy Liberty, is that which thou oughtest to do, quietly resigning thyself up in every Thing, whereby the Lord shall think fit internally and externally to mortify thee: because that is the only Means by which thy Soul can become capable of the divine Influences; whilst

whilst thou sufferest internal and external Tribulation, with Humility, Patience and Quiet ; nor the Penances, Disciplines, and Mortifications which thou couldest impose on thyself.

The Husbandman sets a greater Esteem upon the Plants which he sows in the Ground, than those that spring up of themselves, because these never come to seasonable Maturity. In the same Manner God esteems, and is better pleased with, the Virtue which he sows and infuses into the Soul, (as being sunk into its own Nothingness, calm and quiet, retreated within its own Center, and without any Election) than all the other Virtues which the Soul pretends to acquire by its own Election and Endeavours.

It concerns thee only then, to prepare thine Heart like clean Paper, wherein the divine Wisdom may imprint Characters to his own liking. O how great a Work will it be for thy Soul to be whole Hours together in Prayer, dumb, resigned and humble, without acting, knowing, or desiring to understand any Thing?

C H A P. VII.

A Sequel of the same.

WITH new Efforts thou wilt exercise thyself, but in another Manner than hitherto, giving thy Consent to receive the secret and divine Operations, and to be polished and purified by the Lord, which is the only Means whereby thou wilt become clean and purged from thy Ignorance. Know, however, that thou art to be plunged in a bitter Sea of Sorrows, and of internal and external Pains, which Torment will pierce into the most inward Part of thy Soul and Body.

Thou wilt experience, that the Creatures will forsake thee, nay, those too from which thou hopest for most Favour and Compassion in thy Straits; the Brooks of thy Faculties will be so dried up, that thou shalt not be able to form any Ratiocination; nay, nor so much as to conceive a good Thought of God. Heaven will seem to thee to be of Brass, and thou shalt receive no Light from it. Nor will the Thought comfort thee, that in Times past so much Light and devout Consolation hath shined into thy Soul,

The invifible Enemies will purfue thee with Scruples, lascivious Suggeftions, and unclean Thoughts, with Incentives to Impatience, Pride, Rage, curfing and blaſpheming the Name of God. Thou wilt find a great Lukewarmneſs, loathing and wearifomeness for the Things of God; an Obscurity and Darkneſs in thy Underſtanding; a Faintneſs, Confuſion, and Narrowneſs of Heart; ſuch a Coldneſs and Feebleneſs of the Will to reſiſt, that a Straw will appear to thee a Beam. Thy Deſertion will be ſo great, that thou wilt think there is no more a God for thee, and that thou art rendered incapable of entertaining a good Deſire; ſo that thou wilt continue ſhut up between two Walls, in conſtant Straits and Anguiſh, without any Hopes of ever getting out of ſo dreadful an Oppreſſion.

But fear not: All this is neceſſary for purging thy Soul, and making it know its own Miſery, and ſenſibly perceive the Annihilation of all the Paſſions and diſordinate Appetites, wherewith it rejoiced itſelf. Finally, to the End the Lord may refine and purify thee after his own Manner with thoſe inward Torments, wilt thou not caſt the *Jonas* of Senſe into the

Sea, that thereby thou mayest procure it ? With all thy outward Disciplines and Mortifications, thou wilt never have true Light, nor make one Step towards Perfection ; so that thou wilt stop in the Beginning, and thy Soul will not attain to the amiable Rest, and supreme internal Peace.

C H A P. VIII.

The Soul ought not to be disquieted, nor draw back in the spiritual Way, because it finds itself assaulted by Temptations.

OUR own Nature is so base, proud and ambitious, and so full of its own Appetites, its own Judgment and Opinions, that if Temptations restrained it not, it would be undone without Remedy. The Lord then seeing our Misery and perverse Inclination, and thereby moved to Compassion, suffers us to be assaulted by divers Thoughts against the Faith, horrible Temptations, and by violent and painful Suggestions of Impatience,

tience, Pride, Gluttony, Luxury, Rage, Blasphemy, Cursing, Despair, and an infinite Number of others, to the End. we may know ourselves and be humble. With these horrible Temptations, that infinite Goodness humbles our Pride, giving us in them the most wholesome Medicine.

All our Righteousnesses (as *Isaiah* saith, chap. lxiv. 6.) *are as filthy Rags*, through the Stains of Vanity, Conceitedness, and Self-love. It is necessary they be purified with the Fire of Tribulation and Temptation, that so they may be clean, pure, perfect, and agreeable to the Eyes of God.

Therefore the Lord purifies the Soul which he calls, and will have for himself, with the rough File of Temptation, with which he polishes it from the Rust of Pride, Avarice; Vanity, Ambition, Presumption, and Self-conceitedness. With the same he humbles, pacifies and exercises it, making it to know its own Misery. By Means thereof he purifies and strips the Heart, to the End all its Operations may be pure, and of inestimable Value.

Many Souls, when they suffer those painful Torments, are troubled, afflicted

and disquieted, it seeming to them, that they begin already in this Life to suffer eternal Punishments; and if by Misfortune they go to an unexperienced Confessor, instead of comforting them, he leaves them in greater Confusion and Perplexities.

That thou mayest not lose internal Peace, it is necessary thou believe that it is the Goodness of divine Mercy, when thus it humbles, afflicts and tries thee; since by that Means thy Soul comes to have a deep Knowledge of itself, reckoning itself the worst, most impious and abominable of all Souls living, and hence with Humility and Lowliness it abhors itself. O how happy would Souls be, if they would be quiet, and believe that all these Temptations are caused by the Devil, and received from the Hand of God, for their Gain and spiritual Profit.

But thou wilt say, that it is not the Work of the Devil, when he molests thee by Means of Creatures, but the Effects of thy Neighbour's Faults and Malice, in having wronged and injured thee. Know that that is another cunning and hidden Temptation, because though God wills not the Sin of another, yet he wills his
own

own Effects in thee, and the Trouble which accrues to thee from another's Faults, that he may see thee improved by the Benefit of Patience.

Dost thou receive an Injury from any Man? There are two Things in it, the Sin of him that does it, and the Punishment that thou sufferest; this Sin is against the Will of God, and displeases him, though he permit it; the Punishment is conformable to his Will, and he wills it for thy Good; wherefore thou oughtest to receive it as from his Hand. The Passion and Death of our Lord CHRIST, were the Effects of the Wickedness and Sins of *Pilate*, and yet it is certain, that God willed the Death of his own Son for our Redemption.

Consider how the Lord makes use of another's Fault for the Good of thy Soul, O the Greatness of the divine Wisdom! Who can pry into the Depth of the secret and extraordinary Means, and the hidden Parts whereby he guides the Soul, which he would have purged, transformed and dignified?

C H A P. IX.

Wherein the same Point is handled.

THAT the Soul may be the Habitation of the celestial King, it is necessary that it should be pure, and without any Blemish; wherefore the Lord purifies it as Gold in the Furnace of terrible and grievous Temptations. Certain it is, that the Soul never loves, nor believes more, than when it is afflicted with such Temptations; because those Doubtings and Fears that beset it, whether it believes or not, whether it consent or not, are nothing else but the Qaintnesses of Love.

The Effects that remain in the Soul makes this very clear; and commonly these are a loathing of itself, with a most profound Acknowledgment of the Greatness and Omnipotence of God; a great Confidence in the Lord, that he will deliver it from all Risk and Danger; believing and confessing with far greater Vigour of Faith, that it is God who gives it Strength to bear the Torments of these Temptations, because it would naturally
be

be impossible, considering the Force and Violence wherewith sometimes they attack, to resist one Quarter of an Hour.

Thou art to know then, that Temptation is thy great Happiness: so that the more it besets thee, the more thou oughtest to rejoyce in Peace, instead of being sad, and thank God for the Favour he does thee. In all those Temptations and odious Thoughts, the Remedy that is to work, is to despise them with a stayed Neglect, because nothing more afflicts the proud Devil, than to see that he is slighted and despised, as are all Things else that he suggests to us. And therefore thou art to tarry with him, as one that perceives him not, and to possess thyself in thy Peace without repining, and without multiplying Reasons and Answers; seeing nothing is more dangerous, than to vie in Reasons with him who is ready to deceive thee.

The Saints in arriving at Holiness, passed through this doleful Valley of Temptations; and the greater Saints they were, the greater Temptations they grappled with. Nay, after the Saints have attained to Holiness and Perfection, the Lord suffers them to be tempted with
brisk

brisk Temptations, that their Crown may be the greater, and that the Spirit of Vain-glory may be checked, or else hindered from entering in them : keeping them in that Manner secure, humble, and solicitous of their Condition.

Finally, Thou art to know, that the greatest Temptation is to be without Temptation : wherefore thou oughtest to be glad when it assaults thee, and with Resignation, Peace, and Constancy, resist it : Because if thou wilt serve God, and arrive at the sublime Region of internal Peace, thou must pass through that rugged Path of Temptation ; put on that happy Armour ; fight in that fierce and cruel War ; and in that burning Furnace, polish, purge, renew, and purify thyself.

C H A P. X.

Declaring the Nature of internal Recollection, and instructing the Soul how it ought to behave itself therein, and the spiritual Warfare, whereby the Devil endeavours to disturb it at that Time.

INternal Recollection is Faith, and Silence in the Presence of GOD. Hence thou oughtest to be accustomed to recollect thyself in his Presence, with an affectionate Attention, as one that is given up to GOD, and united unto him, with Reverence, Humility and Submission, beholding him in the most inward Recess of thine own Soul, without Form, Likeness, Manner, or Figure; in the View and general Nature of a living and obscure Faith, without any Distinction of Perfection or Attribute.

There thou art to be with Attention, and a sincere Regard, with a sedate Heedfulness, and full of Love towards the Lord, resigning and delivering thyself up into his Hands, to the End he may dispose of thee according to his good Will

Will and Pleasure, without reflecting on thyself; nay, nor on Perfection itself. Here thou art to shut up the Senses, trusting God with all the Care of thy Welfare, and minding nothing of the Affairs of this Life. Finally, thy Faith ought to be pure, without Representations or Likeness; simple, without Reasonings; and universal, without Distinctions.

The Prayer of internal Recollection, may be well typified by that Wrestling, which the holy Scriptures say the Patriarch *Jacob* had all Night with God, until Day broke, and he blessed him. Wherefore the Soul is to persevere, and wrestle with the Difficulties that it will find in internal Recollection, without desisting, until the Sun of internal Light begin to appear, and the Lord give it his Blessing.

No sooner wilt thou have given thyself up to thy Lord in this inward Way, but all Hell will conspire against thee; seeing one single Soul inwardly retired to its own Presence, makes greater War against the Enemy, than a thousand others that walk externally; because the Devil makes an infinite Advantage of overcoming an internal Soul.

In

In the Time of the Recollection, Peace and Resignation of thy Soul, God will more esteem the various, impertinent, troublesome and ugly Thoughts in that thou hast; than the good Purposes, and high Sentiments. Know, that the Effort which thou thyself mayest make to resist Thoughts, is an Impediment, and will leave thy Soul in greater Anxiety. The best Thing that is to be done, is sweetly to despise them, to know thine own Wretchedness, and peacefully make an Offering to God of the Trouble.

Though thou cannot get rid of the Anguish of Thoughts, and art destitute of Light, Comfort, or spiritual Sentiment; yet be not afflicted, neither leave off Recollection, because they are the Snares of the Enemy: Resign thyself at that Time with Vigour, endure with Patience, and persevere in his Presence; for whilst thou persevereest after that Manner, thy Soul will be internally improved.

Dost thou believe that when thou comest away from Prayer dry, in the same Manner as thou began in, that that was because of Want of Preparation, and that it hath done thee no Good: That is a Fallacy; because the Fruit of true
Prayer

Prayer consists not in enjoying the Light, nor in having Knowledge of spiritual Things, since those may be found in a speculative Intellect, without true Virtue and Perfection; it only consists in enduring with Patience, and persevering in Faith and Silence, believing that thou art in the Lord's Presence, turning to him thy Heart with Tranquillity and Purity of Mind. So whilst thou persevereest in this Manner, thou wilt have the only Preparation and Disposition which at that Time is necessary; and shalt reap infinite Fruit.

War is very usual in this internal Recollection, which on the one Hand will deprive thee of Sensibility, to try, humble, and purge thee. On the other, invisible Enemies will assault thee with continual Suggestions, to trouble and disquiet thee. Nature herself, apparently, will torment thee, she being always an Enemy to the Spirit, which in depriving her of sensible Pleasures, remain weak, melancholy, and full of irksomeness, so that it feels a Hell in all spiritual Exercises, particularly in that of Prayer; hence it grows extremely impatient to be at an End of it, through the Uneasiness of Thoughts,

Thoughts, the lassitude of Body, importunate Sleep, and thou not being able to curb the Senses, every one of which would for its own Share follow its own Pleasure. Happy art thou if thou canst persevere amidst this painful Trial.

Teresa, confirms all this by her heavenly Doctrine, in the Letter she wrote to the Bishop of *Osmia*, to instruct him how he was to behave himself in Prayer, and in the Variety of troublesome Thoughts, which attack us at that Time; where she says, "There is a Necessity of suffering the Trouble of a Troop of Thoughts, " importunate Imaginations, and the Impetuosities of natural Notions, not only " of the Soul, through the Dryness and " Disunion it hath, but of the Body also, " occasioned by the Want of Submission " to the Spirit, which it ought to have." viii. of her *Epist.*

These are called Drynesses in Spirituals, but are very profitable, if they be embraced and suffered with Patience. Whosoever shall accustom himself to suffer them without repining, will from that Labour draw vast Advantage. It is certain, that in Recollection the Devil frequently charges the Soul more fiercely
with

with a Battalion of Thoughts, to discomfit the quiet of the Soul, and alienate it from that most sweet and secure internal Conversation, raising Horrors, to the End it may leave it off, reducing it most commonly to such a State, as if it were led forth to a most rigorous Torment.

“ The Birds, which are the Devils,
 “ knowing this (said the above-cited Letter) pricks and molests the Soul with
 “ Imaginations, troublesome Thoughts,
 “ and the Interruptions which the Devil
 “ at that Time brings in, transporting
 “ the Thoughts, distracting them from
 “ one Thing to another; and after he
 “ had done with them, attacking the
 “ Heart: and it is no small Fruit of
 “ Prayer, patiently to suffer these Trou-
 “ bles and Importunities. That is an
 “ Offering up of one's self in a whole
 “ Burnt-sacrifice, that is to say, to be
 “ wholly consumed in the Fire of Temptation, and no Part spared.” See how this heavenly Woman encourages to suffer, and endure Thoughts and Temptations; because, provided they be not consented to, they double the Profit.

As many Times as thou exercisest thyself calmly to reject these vain Thoughts,
 so

so many Crowns will the Lord set upon thy Head; and though it may seem to thee that thou dost nothing; be undeceived, for a good Desire, with Firmness and Stedfastness in Prayer, is very pleasing to the Lord.

“ Wherefore to be there (concludes she) without sensible Profit, is not lost Time; but of great Gain, whilst one toils without Interest, and merely for the Glory of God; and though it may seem to be toiling in vain, yet it is not so; but it is as with Children, who toil and labour under the Power of their Fathers, though in the Evening they receive not the Wages for their Day’s Work, yet at the Year’s End they enjoy all.”



C H A P. XI.

A Sequel of the same Matter.

GOD loves not him who does most, who hears most, nor who shews greatest Affection, but who suffers most; if he pray with Faith and Reverence, believing that he is in the divine Presence.

sence. The Truth is, to take from the Soul the Prayer of the Senses, and of Nature, is a rigorous severe Pain to it; but the Lord rejoices, and is glad in its Peace, if it be thus quiet and resigned. Use not at that Time vocal Prayer, because however it be good and holy in itself, yet to use it then is a manifest Temptation, whereby the Enemy pretends, that God speaks not to thy Heart, under pretext that thou hast not Sentiments, and that thou lovest Time.

God hath no regard to the Multitude of Words, but to the Purity of the Intent. His greatest Content and Glory at that Time, is, to see the Soul in Silence, desirous, humble, quiet and resigned. Proceed, persevere, pray, and hold thy Peace; for where thou findest not a Sentiment, thou wilt find a Door whereby thou mayest enter into thine own Nothingness; knowing thyself to be nothing, that thou canst do nothing; nay, and that thou hast not so much as a good Thought.

How many have begun this happy Practice of Prayer and internal Recollection, and have left it off, pretending that they felt no Pleasure, that they lose Time, that their Thoughts trouble them, and that

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that that Prayer is not for them, whilst they find not any Sentiment of God, nor any Ability to Reason or Discourse; whereas they might have believed, been silent, and had Patience. All this is no more but with Ingratitude to hunt after sensible Pleasures, suffering themselves to be transported with Self-love, seeking themselves, and not God, because they cannot suffer a little Pain and Dryness, without reflecting on the infinite Loss they sustain; whereas by the least Act of Reverence towards God, amidst Dryness and Sterility, they receive an eternal Reward.

The Lord intimated to *Francesca Lopez* of *Valenza*, three Things of great Light and Consequence in order to internal Recollection: "In the first Place, " That a Quarter of an Hour of Prayer, " with Recollection of the Senses and " Faculties, and with Resignation and " Humility, does more good to the Soul, " than five Days of penitential Exercises, Hair-clothes, Disciplines, Fasting, and sleeping on bare Boards; " because these are only Mortifications " of the Body, but with Recollection the " Soul is purified.

" Secondly,

“ Secondly, That it is more pleasing
 “ to the divine Majesty, to have the
 “ Soul in quiet and devout Prayer for
 “ the Space of an Hour, than to go on
 “ great Pilgrimages; because that in
 “ Prayer it does good to itself, and to
 “ those for whom it prays, gives De-
 “ light to God, and merits a high De-
 “ gree of Glory; but in Pilgrimage,
 “ commonly, the Soul is distracted, and
 “ the Senses diverted, with a Debilita-
 “ tion of Virtue, besides many other
 “ Dangers.”

“ Thirdly, That constant Prayer was
 “ to keep the Heart always right to-
 “ wards God: and that a Soul, to be in-
 “ ternal, ought rather to act with the
 “ Affection of the Will, than the Toil of
 “ the Intellect.” All this to be read in
 her Life.

The more the Soul rejoices in sensible
 Love, the less Delight God has in it; on
 the contrary, the less the Soul rejoices in
 this sensible Love, the more God delights
 in it. And know, that to fix the Will on
 God, restraining Thoughts and Tempta-
 tions, with the greatest Tranquillity pos-
 sible, is the highest Pitch of praying.

I will conclude this Chapter by undeceiving thee of the vulgar Error of those who say, that in this internal Recollection, or Prayer of Rest, the Faculties operate not, and that the Soul is idle and wholly unactive. This is a manifest Fallacy of those who have little Experience, because although it operates not by Means of the Memory, nor by the second Operation of the Intellect, which is the Judgment, nor by the third, which is Discourse or Ratiocination, yet it operates by the first and chief Operation of the Intellect, which is simple Apprehension enlightened by holy Faith, and aided by the divine Gifts of the holy Spirit. And the Will is more apt to continue one Act, than to multiply many; so that as well the Act of the Intellect, as that of the Will, are so simple, imperceptible, and spiritual, that hardly the Soul knows them, and far less reflects upon them.

C H A P. XII.

*What the Soul ought to do in internal
Recollection.*

THOU oughtest to pray, that thou mayest deliver thyself wholly up into the Hands of God, with perfect Resignation, exerting an Act of Faith, believing that thou art in the divine Presence, afterwards settling in that holy Repose, with Quietness, Silence, and Tranquillity ; and endeavouring for a whole Day, a whole Year, and thy whole Life, to continue that first Act of Contemplation, by Faith and Love.

It is not thy Business to multiply these Acts, nor to repeat sensible Affections, because they hinder the Purity of the spiritual and perfect Act of the Will, whilst besides that these sweet Sentiments are imperfect, (considering the Reflection wherewith they are made, the Self-content, and external Consolation wherewith they are sought after, the Soul being drawn outwards to the external Faculties) there is no Necessity of renewing them, as the Mystical *Falcon* hath excellently expressed it by the following Similitude.

“ If

“ If a Jewel given to a Friend were
 “ once put into his Hands, it is not ne-
 “ cessary to repeat such a Donation al-
 “ ready made, by daily telling him (Sir,
 “ I give you that Jewel, Sir, I give you
 “ that Jewel) but to let him keep it, and
 “ not take it from him, because provided
 “ he take it not, or design not to take it
 “ from him, he hath surely given it
 “ him.”

In the same Manner, having once de-
 dicated, and lovingly resigned thyself to
 the Will of God, there is nothing else for
 thee to do, but to continue the same,
 without repeating new and sensible Acts,
 provided thou takest not back the Jewel
 thou hast once given, by committing some
 notable Fault against his divine Will;
 though thou oughtest still to exercise thy-
 self outwardly in the external Works of
 thy Calling and State, for in so doing
 thou dost the Will of God, and walkest
 in continual and virtual Oration : “ He
 “ always prays (said *Theophylact*) who
 “ does good Works; nor does he neglect
 “ Prayer, but when he leaves off to be
 “ just.”

Thou oughtest then to slight all those
 Sensibilities, to the End thy Soul may be
 c 2 established,

established, and acquire a Habit of internal Recollection, which is so effectual, that the Resolution only of going to Prayer, awakens a lively Presence of God, which is the Preparation to the Prayer that is about to be made; or to say better, is no other than a more efficacious Continuation of continual Prayer, wherein the contemplative Person ought to be settled.

By this thou wilt be undeceived, and know what is the perfect and spiritual Way of praying, and be advised what is to be done in internal Recollection: Thou wilt know, that to the End Love may be perfect and pure, it is expedient to retrench the Multiplication of sensible and fervent Acts, the Soul continuing quiet, and resting in that inward Silence. Because Tendernefs, Delight, and sweet Sentiments, which the Soul experiences in the Will, are not pure Spirits, but acts blended with the Sensibility of Nature. Nor is it perfect Love, but sensible Pleasure, which distracts and hurts the Soul.

How happy and how well applied will thy Soul be, if retreating within itself, it there shrink into its own Nothing, both in its Center and superior Part, without minding

minding, whether it recollect or not; if it operate or not; without heeding, thinking, or minding any sensible Thing? At that Time the Intellect believes with a pure Love, and the Will loves with perfect Act, without any kind of Impediment: imitating that pure and continued Act of Intuition and Love, which the Saints say the Blessed in Heaven have, with no other Difference, than that they see one another there, Face to Face; and the Soul here, through the Veil of an obscure Faith.

O how few are the Souls that attain to this perfect Way of praying, because they penetrate not enough into this internal Recollection, and Mystical Silence, and because they strip not themselves of imperfect Reflection, and sensible Pleasure! O that thy Soul, without thoughtful Advertency, even of itself, might give itself in Prayer to that holy and spiritual Tranquillity; and say with *Austin*, *Sileat anima mea, & transeat se, non se cogitando!* In his Confess. lib. 8. cap. 10. Let it be silent and do nothing, forget itself, and plunge into that obscure Faith: How secure and safe would it be, though it

might seem to it, that thus unactive and doing nothing, it were undone.

I will sum up this Doctrine with a Letter that the illuminated Mother of *Cantal*, wrote to a Servant of GOD :
 “ Divine Bounty (said she) granted me
 “ this Way of Prayer, that with a single
 “ View of God, I felt myself wholly de-
 “ dicated to him, absorpt and reposed
 “ in him : He still continued to me that
 “ Grace, though I opposed it by my In-
 “ fidelity, giving Way to Fear, and
 “ thinking myself unprofitable in that
 “ State; for which cause, being willing
 “ to do something on my Part, I quite
 “ spoiled all; and to this present I find
 “ myself sometimes assaulted by the same
 “ Fear, though not in Prayer, but in
 “ other Exercises, wherein I am always
 “ willing to employ myself a little, tho’
 “ I know very well, that in doing such
 “ Acts, I come out of my Center, and
 “ see particularly that that simple View
 “ of God, is my only Remedy and Help
 “ still, in all Troubles, Temptations,
 “ and the Events of this Life.

“ And certainly would I have followed
 “ my internal Impulse, I should have
 “ made use of no other Means in any
 “ Thing

“ Thing whatsoever, without Exception ;
 “ because when I think to fortify my
 “ Soul with Arts, Reasonings and Re-
 “ signations, then do I expose myself to
 “ new Temptations and Straits : Besides
 “ that, I cannot do it without great Vio-
 “ lence ; which leaves me exhausted and
 “ dry, so that it behoves me speedily to
 “ return to this simple Resignation, know-
 “ ing that God, in this Manner, lets me
 “ see, that it is his Will and Pleasure
 “ that a total Stop should be put to the
 “ Operations of my Soul, because he
 “ would have all Things done by his
 “ own divine Activity ; and happily he
 “ expects no more of me, but this only
 “ View in all spiritual Exercises, and in
 “ all the Pains, Temptations, and Afflic-
 “ tions that may befall me in this Life.
 “ And the Truth is, the quieter I keep
 “ my Spirit by this Means, the better
 “ all Things succeed with me ; and my
 “ Crosses and Afflictions suddenly vanish.
 “ Many Times hath my blessed Father,
 “ St *Francis* of *Sales*, assured me of this.
 “ Our late Superior, encouraged me
 “ firmly to persist in that Way, and not
 “ to fear any Thing in this simple View
 “ of God : She told me, that that was

“ enough ; and that the greater Naked-
 “ ness and Quietness in God, the greater
 “ Sweetness and Strength receiveth the
 “ Soul, which ought to endeavour to
 “ become so pure and simple, that it
 “ should have no other Support, but in
 “ God alone.

“ To this Purpose I remember, that
 “ a few Days since, God communicated
 “ to me an Illumination, which made
 “ such an Impression upon me, as if I
 “ had clearly seen him ; and this it is,
 “ that I should never look upon myself,
 “ but walk with Eyes shut, leaning on
 “ my Beloved, without striving to see or
 “ know the Way by which he guides
 “ me ; neither fix my Thoughts on any
 “ Thing, nor yet beg Favours of him ;
 “ but as undone in myself, rest wholly
 “ and sincerely on him.”

C H A P. XIII.

Declaring, how the Soul putting itself in the Presence of God, with perfect Resignation, by the pure Act of Faith, walks always in virtual and acquired Contemplation.

THOU wilt tell me (as many Souls have told me) that though by a perfect Resignation thou hast put thyself in the Presence of God, by Means of pure Faith, as hath been already hinted, yet thou dost not improve, because thy Thoughts are so distracted, that thou cannot be fixed upon God.

Be not disconsolate, for thou dost not lose Time, neither desist thou from Prayer; because it is not necessary, that during that whole Time of Recollection thou shouldst actually think on God; it is enough that thou hast been attentive in the Beginning; provided thou discontinue not thy Purpose, nor revoke the actual Attention which thou hadst.

This *Thomas* confirms in the following Words: "That first Intention only, and
c 5 thinking

“ thinking on God when one prays, has
 “ Force and Value enough to make the
 “ Prayer during all the rest of the Time
 “ it continues to be true, though all that
 “ while there be no actual Contempla-
 “ tion on God.” 22 Quæst. 82. art. 13,
 ad 1.

So that the Prayer still continues, tho’
 the Imagination may ramble upon infi-
 nite Numbers of Thoughts, provided one
 consent not to it, shift not Place, intermit
 not the Prayer, nor change the first In-
 tention of being with God. And it is
 certain, that he changes it not, whilst he
 does not leave his Place. Hence it fol-
 lows, that one may persevere in Prayer,
 though the Imagination be carried about
 with various and involuntary Thoughts.
 “ He prays in Spirit and in Truth (says
 “ *Thomas* in the forecited Place) who-
 “ ever goes to Prayer with the Spirit and
 “ Intention of praying, though after-
 “ wards through Misery and Frailty,
 “ his Thoughts may straggle.” *Evagatio*
vero mentis quæ sit præter propositum, ora-
tionis fructum non tollit.

But thou wilt say, at least, art thou not
 to remember when thou art in the Pre-
 sence of God, and often say to him,
 “ Lord,

“ Lord, abide within me ; and I will
 “ give myself wholly up to thee :” I an-
 swer, that there is no Necessity for that,
 seeing thou hast a Design to pray, and
 for that End wentest to that Place. Faith
 and Intention are sufficient, and these al-
 ways continue ; nay, the more simple
 that Remembrance is, without Words, or
 Thoughts, the more pure, spiritual, in-
 ternal, and worthy of God it is.

Would it not be impertinent and disre-
 spectful, if being in the Presence of a
 King, thou shouldst every now and then
 say to him ; “ Sir, I believe your Ma-
 “ jesty is here ?” It is the very same
 Thing. By the Eye of pure Faith the
 Soul sees God ; believes in him, and is in
 his Presence ; and so when the Soul be-
 lieves, it has no need to say, “ My God,
 “ thou art here ;” but to believe as it
 does believe, seeing in Prayer, Faith
 and Intention guide and conduct it to
 contemplate God by Means of pure
 Faith, and perfect Resignation.

So that, so long as thou retractest not
 that Faith and Intention of being re-
 signed, thou walkest always in Faith and
 Resignation, and consequently in Prayer,
 and in virtual and acquired Contempla-
 tion,

tion, although thou perceive it not, remember it not, neither exerceſt new Acts and Reflections thereon.

The inward Soul being once reſolved to believe that God is in it, and that it will not deſire, nor act any Thing but through God, ought to reſt ſatisfied in that Faith and Intention in all its Works and Exerciſes, without forming or repeating new Acts of the ſame Faith, or of ſuch a Reſignation.

C H A P. XIV.

A Sequel of the ſame Matter.

THIS true Doctrine ſerves not only for the Time of Prayer; but alſo after it is over, by Night and by Day, at all Hours, and in all the daily Functions of thy Calling, thy Duty and Condition. And if thou tell me, that many Times thou forgetteſt, during a whole Day to renew thy Reſignation; I answer, that though it ſeem to thee, that thou art diverted from it, by attending the daily Occupations of thy Vocation, as ſtudying, reading, eating, drinking, doing,

doing Business, and the like; thou art mistaken; for the one destroys not the other, nor by so doing, dost thou neglect to do the Will of God, nor to proceed in virtual Prayer.

Because these Occupations are not contrary to his Will, nor contrary to thy Resignation; it being certain, that God would have thee to eat, study, take Pains, do Business, &c. So that to perform these Exercises, which are conformed to his Will and Pleasure, thou departest not out of his Presence, nor from thine own Resignation.

But if in Prayer, or out of it, thou shouldest willingly be diverted or distracted, suffering thyself deliberately to be transported into any Passion; then it will be good for thee to revert to God, and return into his divine Presence, renewing the purest Acts of Faith and Resignation. However it is not necessary to exert those Acts, when thou findest thyself in Dryness, because Dryness is good and holy, and cannot, how severe soever it be, take from the Soul the divine Presence, which is established in Faith. Thou oughtest never to call Dryness Distraction, because in Beginners it is want of Sensibility, and
in

in Proficients Abstractedness; by Means whereof, if thou bear it out with Constancy, resting quiet in thine own Emptiness, thy Soul will become more and more inward; and the Lord will work Wonders in it.

Strive then when thou comest from Prayer, to the End thou mayest return to it again, not to be distracted, nor diverted; but to carry thyself with a total Resignation to the divine Will; that God may do with thee and all thine, according to his heavenly Pleasure, relying on him, as on a kind and loving Father. Never recal that Intention; and though thou be taken up about the Affairs of the Condition wherein God hath placed thee, yet thou wilt still be in Prayer in the Presence of God, and in perpetual Acts of Resignation. Therefore *Chrysostom* said, "A just Man leaves not off to pray, unless he leaves off to be just. He always prays, who always does well; the good Desire is Prayer, and if the Desire be continued, so is also the Prayer." *Super 5. ad Thessolon.*

Thou wilt understand all that has been said, by this clear Example: When a Man begins a Journey to *Rome*, every Step

Step he makes in the Progress, is voluntary ; and nevertheless it is not necessary, that at every Step he shall express his Desire, or exert a new Act of the Will, saying, “ I am going to *Rome*, I go to *Rome* ; ” because, by virtue of that first Intention he had of travelling to *Rome*, the same Will still remains in him ; so he goes on without saying so, though he does not without intending so ; you will clearly find besides, that this Traveller, with one single and explicit Act of the Will and Intention, travels, speaks, hears, sees, reasons, eats, drinks, and does several other Things, without any Interruption to his first Intention, or yet of his actual journeying to *Rome*.

It is just so in the contemplative Soul : A Man having once made the Resolution of doing the Will of God, and of being in his Presence, he still perseveres in that Act, so long as he recalls not the same, although he be taken up in hearing, speaking, eating, or in any other external good Work or Function of his Calling and Quality.

Thou wilt say, that all Christians walk in this Exercise, because all have Faith, and may, although they be not internal,
fulfil

fulfil this Doctrine, especially such as go in the external Way of Meditation and Ratiocination. It is true, all Christians have Faith, and more particularly they who meditate and consider: But the Faith of those who advance by the inward Way, is much different, because it is a lively Faith, universal and indistinct, and by consequent more practical, active, effectual and illuminated; insomuch as the holy Ghost enlightens the Soul that is best disposed, most; and that Soul is always best disposed, which holds the Mind recollected; for proportionably to the Recollection the holy Ghost illuminates. And albeit it be true, that God communicates some Light in Meditation, yet it is so scanty and different from that which he communicates to the Mind, recollected in a pure and universal Faith, that the one to the other is no more than like two or three Drops of Water in respect of an Ocean: Since in Meditation two or three particular Truths are communicated to the Soul; but in the internal Recollection, and the Exercise of a pure and universal Faith, the Wisdom of God is an abundant Ocean which is communicated

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communicated in that obscure, simple, general and universal Knowledge.

In like Manner Resignation is more perfect in these Souls, because it springs from the internal and infused Fortitude, which grows as the internal Exercise of pure Faith, with Silence and Resignation, is continued ; in the Manner that the Gifts of GOD's Spirit grow in contemplative Souls : For though these divine Gifts are to be found in all those that are in a State of Grace ; nevertheless they are as it were dead, without Strength, and in a Manner infinitely different from those which reign in contemplative Persons, by reason of their Illustration, Vivacity and Efficacy.

From all which, be persuaded, that the inward Soul, accustomed to go daily at certain Hours to Prayer, with the Faith and Resignation I have mentioned to thee, walks continually in the Presence of GOD. All holy, expert and mystical Masters, teach this true and important Doctrine, because they have all had one and the same Master, who is the holy Ghost.

C H A P. XV.

A Way by which one may enter into internal Recollection, through the most holy Humanity of our Lord Christ.

TH E R E are two Sorts of spiritual Men, diametrically contrary to one another : The one say, that the Mysteries of the Passion of CHRIST, are always to be considered and meditated upon : The others, running to the opposite Extreme, teach, that the Meditation of the Mysteries of the Life, Passion and Death of our Saviour, is not Prayer, nor yet a Remembrance of them ; but the exalted Elevation to God, whose Divinity the Soul contemplates in Quiet and Silence, ought only to be called Prayer.

It is certain, that our Lord CHRIST is the Guide, the Door, and the Way ; as he himself hath said in his own Word ; *I am the Way, the Truth, and the Life,* John xiv. and before the Soul can be fit to enter into the Presence of the Divinity, and to be united with it, it is to be washed with the precious Blood of a Redeemer,

deemer, and adorned with the rich Robes of his Passion.

Our Lord CHRIST, with his Doctrine and Example, is the Mirrour, the Guide of the Soul, the Way, and the only Door by which we enter into those Pastures of Life eternal, and into the vast Ocean of the Divinity. Hence it follows, that the Remembrance of the Passion and Death of our Saviour ought not wholly to be blotted out; nay, it is also certain, that whatsoever high Elevation of Mind the Soul may be raised to, it ought not in all Things to separate from the most holy Humanity. But then it follows not from hence neither, that the Soul accustomed to internal Recollection, that can no longer ratiocinate, should always be meditating on, and considering (as the other Spiritualists say) the most holy Mysteries of our Saviour. It is holy and good to meditate; and would to God that all Men of this World practised it. And the Soul besides, with Facility, ought to be let alone in that State, and not pushed on to another higher, so long as in that of Meditation it finds Nourishment and Profit,

It belongs to God alone, and not to the spiritual Guide, to promote the Soul from Meditation to Contemplation ; because if God, through his special Grace, call it not to this State of Prayer, the Guide can do nothing with all his Wisdom and Instructions.

To take a secure Means then, and to avoid those two so contrary Extremes, of not wholly blotting out the Remembrance of the Humanity ; and of not having it continually before our Eyes ; we ought to suppose that there are two Ways of attending the holy Humanity ; that one may enter at the divine Port, which is CHRIST our Well-being. The first is by considering the Mysteries, and meditating the Actions of the Life, Passion and Death of our Saviour. The second by thinking on him, by the Application of the Intellect, pure Faith, or Memory.

When the Soul proceeds in perfecting and interiorizing itself, by Means of internal Recollection, having for some Time meditated on the Mysteries whereof it hath been already informed ; then it retains Faith and Love to the Word Incarnate, being ready for his Sake to do what-

ever

ever he inspires into it, walking according to his Precepts; although they be not always before its Eyes. And if it should be said to a Son, that he ought never to forsake his Father, they intend not thereby to oblige him to have his Father always in Sight, but only to have him always in his Memory, that in Time and Place he may be ready to his Duty.

The Soul then that is entred into internal Recollection, hath no need to enter by the first Door of Meditation on the Mysteries, being always taken up in meditating upon them, because that is not to be done without great Fatigue to the Intellect, nor does it stand in need of such Ratiocinations; since these serve only as a Means to attain to believing that which it hath already got the Possession of.

The most noble, spiritual, and proper Way for Souls that are Proficients in internal Recollection, to enter by the Humanity of CHRIST our Lord, and entertain a Remembrance of him, is the second Way; eying that Humanity, and the Passion thereof, by a simple Act of Faith, looking and reflecting on the same as the Tabernacle of the Divinity, the
Beginning

Beginning and End of our Salvation, JESUS CHRIST having been born, suffered and died a shameful Death for our sakes.

This is the Way that makes internal Souls profit, and this holy, pious, swift, and instantaneous Remembrance of the Humanity, can be no Obstacle to them in the Course of internal Recollection, unless if when the Soul enters into Prayer, it finds itself draw back; for then it will be better to continue Recollection and mental Exercise. But not finding itself drawn back, the simple and swift Remembrance of the Humanity of the divine Word, gives no Impediment to the highest and most elevated, the most abstracted and transformed Soul.

This is the Way that *Teresa* recommends to the contemplative, rejecting the tumultuary Opinions of some Schoolmen. This is the strait and safe Way, free from Dangers, which the Lord hath taught to many Souls, for attaining to Repose, and the holy Tranquillity of Contemplation.

Let the Soul then, when it enters into Recollection, place itself at the Gate of divine Mercy, which is the amiable and
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sweet Remembrance of the Cross and Passion of the Word that was made Man, and died for Love; let it stand there with Humility, resigned to the Will of God, in whatsoever it pleases the divine Majesty to do with it; and if from that holy and sweet Remembrance, it soon falls into Forgetfulness, there is no Necessity of making a new Repetition, but to continue silent and quiet in the Presence of the Lord.

Wonderfully does *Paul* favour this our Doctrine in the Epistle which he wrote to the *Colossians*, wherein he exhorts them and us, that whether we eat, drink, or do any Thing else, we should do it in the Name, and for the sake of JESUS CHRIST. God grant that we may all begin by JESUS CHRIST, and that in him and by him alone we may arrive at Perfection.



C H A P. XVI.

Of internal and Mystical Silence.

THERE are three Kinds of Silence; the first is of Words, the second of Desires,

Desires, and the third of Thoughts. The first is perfect; the second more perfect; and the third most perfect. In the first, that is, of Words, Virtue is acquired; in the second, to wit, of Desires, Quietness is attained to; in the third, of Thoughts, internal Recollection is gained. By not speaking, nor desiring, and not thinking, one arrives at the true and perfect Mystical Silence, wherein God speaks with the Soul, communicates himself to it, and in the Abyss of its own Depth teaches it the most perfect and exalted Wisdom. He calls and guides it to this inward Solitude and Mystical Silence, when he says, that he will speak to it alone, in the most secret and hidden Part of the Heart. Thou art to keep thyself in this Mystical Silence, if thou wouldst hear the sweet and divine Voice. It is not enough, for gaining this Treasure to forsake the World, and all Things created; if thou wean not thyself from all Desires and Thoughts. Rest in this Mystical Silence, and open the Door, that so God may communicate himself unto thee, unite with thee, and then form thee into himself.

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The Perfection of the Soul consists not in speaking, nor in thinking much on God; but in loving him sufficiently: This Love is attained to by Means of perfect Resignation and internal Silence, all consists in Works: The Love of God has but few Words. Thus *John* the Evangelist confirms and inculcates it: *My little Children, let us not love in Word, neither in Tongue, but in Deed and in Truth,* Epist. 1. chap. iii. v. 18.

Thou art clearly convinced now, that perfect Love consists not in amorous Acts, nor tender Ejaculations, nor yet in the internal Acts, wherein thou tellest God, that thou hast an infinite Love for him, and thou lovest him more than thyself. It may be that at that Time thou seekest more thyself, and the Love of thyself, than the true Love of God, because Love consists in Works, and not in fair Discourses.

That a rational Creature may understand the secret Desire and Intention of thy Heart, there is a Necessity that thou shouldest express it to him in Words. But God, who searches the Heart, standeth not in need that thou shouldst make Pro-
D fession,

feſſion, and aſſure him of it; nor does he reſt ſatiſfied, as the Evangelift ſays, with Love in Word nor in Tongue, but with that which is true and in Deed. What avails it to tell him, with great Zeal and Fervour, that thou tenderly and perfectly loveſt him above all Things, if at one bitter Word, or ſlight Injury, thou doſt not reſign thyſelf, nor art mortified for the Love of him? A manifeſt Proof that thy Love was a Love in Tongue, and not in Deed.

Strive to be reſigned in all Things with Silence, and in ſo doing, without ſaying that thou loveſt him, thou wilt attain to the moſt perfect, quiet, and effectual and true Love. *St Peter* moſt affectionately told the Lord, that for his Sake he was ready willingly to lay down his Life; but at the Word of a young Damsel he denied him, and there was an End of his Zeal. *Mary Magdalen* ſaid not a Word, and yet the Lord himſelf, taken with her perfect Love, became her Panegyriſt, ſaying, that ſhe had loved much. It is internally then, that with dumb Silence, the moſt perfect Virtues of Faith, Hope,

Hope, and Charity, are practised, without any Necessity of telling God that thou lovest him, hopest and believest in him; because the Lord knows better than thou dost, what the internal Motions of thy Heart are.



P A R T II.

Of spiritual Sufferings, whereby
God purges Souls; of Con-
templation, Infused and Pas-
sive; of perfect Resignation,
inward Humility, divine Wis-
dom, true Annihilation, and
internal Peace.

C H A P. I.

*The Difference between the outward
and inward Man.*

THERE are two Sorts of spiritual
Persons, Internal and External:
These seek God without, by Dis-
course, by Imagination and Considera-
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tues, by many Abstinences, Maceration of Body, and Mortification of the Senses: They give themselves to rigorous Penance; they put on Sack-cloth, chastise the Flesh by Discipline, endeavour Silence, bear the Presence of God, forming him present to themselves in their Idea of him, or their Imagination, sometimes as a Pastor, sometimes as a Physician, and sometimes as a Father and Lord; they delight to be continually seeking of God, very often making fervent Acts of Love; and all this is Art and Meditation: By this Way they desire to be great, and by the Power of voluntary and exterior Mortification, they go in quest of sensible Affections and warm Sentiments, thinking that God resides only in them, when they have them. This is the external Way, and the Way of Beginners; yet there is no arriving at Perfection by it; nay, there is not so much as one Step towards it, as Experience shews in many, that after fifty Years of this external Exercise, are void of God, and full of themselves, having nothing of a spiritual Man, but just the Name of such.

There are others truly spiritual, which have passed by the Beginnings of the interior Way which leads to Perfection and Union with God; and to which the Lord called them by his infinite Mercy, from that outward Way, in which before they exercised themselves. These Men, retired in the inward Part of their Souls, with true Resignation into the Hands of God, with a total putting off and forgetting even of themselves, do always go with a raised Spirit to the Presence of the Lord, by the Means of pure Faith, without Image, Form or Figure, but with great Assurance founded in Tranquillity and Rest internal: In whose infused Meeting and Entertainment the Spirit draws with so much Force, that it makes the Soul contract inwardly, the Heart, the Body, and all the Powers of it.

These Souls as they are already passed by the interior Mortification, and have been cleansed by God with the Fire of Tribulation, ordained by his Hand, and after his Way; are Masters of themselves, because they are intirely subdued and denied, which makes them live with great Repose and internal Peace: And although in many Occasions they feel Resistance

sistance and Temptations, yet they become presently victorious, because being already Souls of Proof, and endued with divine Strength, the Motions of Passions cannot last long upon them; and altho' vehement Temptations and troublesome Suggestions of the Enemy may persevere a long Time about them, they are all conquered with infinite Gain; God being he that fights within them.

These Souls have already attained a greater Light, and a true Knowledge of CHRIST our Lord, both of his Divinity and his Humanity: They exercise this infused Knowledge with a quiet Silence in the inward Entertainment, and the superior Part of their Souls, with a Spirit free from Images and external Recollections, with a Love that is pure and stripped of all Creatures; they are raised also from outward Actions, to the Love of Humanity and Divinity; so much as they enjoy, they forget, and in all of it they find that they love their God with all their Heart and Spirit.

These blessed and sublimated Souls take no Pleasure in any Thing of the World, but in Contempt, and in being alone, and in being forsaken and for-

gotten by every Body : They live so disinterested and taken off, that though they continually receive many supernatural Graces, yet they are not changed, no not at those Inclinations ; being just as if they had not received them, keeping always in the inmost of their Hearts a great Lowliness and Contempt of themselves ; always humbled in the Depth of their own Unworthiness and Vileness : In the same Manner they are always quiet, serene, and possessed with Evenness of Mind in Graces and Favours extraordinary, as also in the most rigorous and bitter Sufferings. There is no News that frights them ; no Success that makes them glad ; Tribulations never disturb them ; nor the interior, continual, and divine Communications make them vain and conceited ; they remain always full of holy and filial Fear, in a wonderful Peace, Constancy and Serenity.

C H A P. II.

Pursues the same.

IN the external Way, they take care to do continual Acts of all the Virtues one after another, to get to the Attainment of them: They pretend to purge Imperfections with Industries; they take Care to root up Interests one after another, with a different and contrary Exercise: But though they endeavour never so much, they arrive at nothing; because we cannot do any Thing which is not Imperfection and Misery.

But in the inward Way, and loving Entertainment in the Presence Divine, as the Lord is he that works, Virtue is established, Interests are rooted up, Imperfections are destroyed, and Passions removed; which makes the Soul free unexpectedly, and taken off, when Occasions are represented, without so much as thinking of the Good which God of his infinite Mercy prepared for them.

It must be known that these Souls, though thus perfect, as they have the true Light of God, yet by it they know profoundly

foundly their own Miseries, Weaknesses, and Imperfections, and what they yet want to arrive at Perfection, towards which they are walking; they are afflicted, and abhor themselves; they exercise themselves in a loving Fear of God, and Contempt of themselves, but with a true Hope in God, and Disconfidence in themselves. The more they are humble, with true Contempt and Knowledge of themselves, the more they please God, and arrive at a singular Respect and Veneration in his Presence. Of all the good Works that they do, and of all that they continually suffer, as well within as without, they make no manner of Account before that divine Presence.

Their continual Exercise is, to enter into themselves, in God, with Quiet and Silence, because there is his Center, Habitation and Delight. They make a greater Account of this interior Retirement, than of speaking of God; they retire into that interior and secret Center of the Soul, to know God, and receive his divine Influence with Fear and loving Reverence; if they go out, they go out only to know and despise themselves.

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But know, that few are the Souls which arrive at this happy State; because few there are that are willing to embrace Contempt, and suffer themselves to be refined and purified; upon which Account, although they are many that enter into this interior Way, yet it is a rare Thing for a Soul to go on, and not stick upon the Entrance. The Lord said to a Soul, "This inward Way is trod by few; it is so high a Grace that none deserves it: few walk in it, because it is no other than a Death of the Senses; and few there be that are willing so to die and be annihilated; in which Disposition this so sovereign a Gift is founded."

Herewith thou wilt undeceive thyself, and perfectly know the great Difference which there is between the external and internal Way, and how different that Presence of God is, which arises from Meditation, from that which is infused and supernatural, arising from the interior and infused Entertainment, and from passive Contemplation; and lastly, you will know the great Difference which is between the outward and inward Man..

C H A P. III.

The Means of obtaining Peace internal, is not the Delight of Sense; not spiritual Consolation, but the denying of Self-love.

IT is the saying of *Bernard*, that to serve God is nothing else but to do Good and suffer Evil. He that would go to Perfection by the Means of Sweetness and Consolation, is mistaken: You must desire no other Consolation from God, than to end your Life for his sake, in the State of true Obedience and Subjection. CHRIST our Lord's Way, was not that of Sweetness and Softness, nor did he invite us to any such, either by his Words or Example, when he said, — *He that will come after me, let him deny himself, and let him take up his Cross and follow me*, St Matt. xxiv. 26. The Soul that would be united to CHRIST, must be conformable to him, and follow him in the Way of Suffering.

Thou wilt scarce begin to relish the Sweetness of divine Love in Prayer, but
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the Enemy with his deceitful Craftiness will be kindling in thy Heart Desires of the Desert and Solitude, that thou mayst without any body's Hindrance spread the Sails to continual and delightful Prayers. Open thine Eyes, and consider that this Counsel and Desire is not conformable to the true Counsel of CHRIST our Lord, who has not invited us to follow the Sweetness and Comfort of our own Will, but the denying ourselves, saying, *Abneget semet ipsum*: As if he should say, "He that will follow me, and come unto Perfection, let him part with his own Will wholly, and leaving all Things, let him entirely submit to the Yoke of Obedience and Subjection, by Means of Self-denial, which is the truest Cross."

There are many Souls dedicated to God, which receive from his Hand great Thoughts, Visions, and mental Elevations; and yet for all that, the Lord keeps from them the Grace of working Miracles, understanding hidden Secrets, foretelling future Contingencies; as he communicates these Things to other Souls which have constantly gone through Tribulations, Temptations, and the true
Cross,

Cross, in the State of perfect Humility, Obedience and Subjection.

O what a great Happiness is it for a Soul to be subdued and subject! What great Riches is it to be Poor! What a mighty Honour to be despised! What a Height is it to be beaten down! What a Comfort is it to be afflicted! What a Credit of Knowledge is it to be reputed ignorant! and finally, What a Happiness of Happinesses is it to be crucified with CHRIST! This is that Lot which the Apostle gloried in; *Nos autem gloriari oportet in cruce Domini nostri Jesu Christi*, Gal. vi. 14. Let others boast in their Riches, Dignities, Delights and Honours; but to us there is no higher Honour, than to be denied, despised, and crucified with CHRIST.

But what a Grief is this, that scarce is there one Soul which prizes spiritual Pleasures, and is willing to be denied for CHRIST, embracing his Cross with Love. *Multi sunt vocati; pauci vero electi*. (Matt. xxii.) says the holy Ghost: "Many are they who are called to Perfection, but few are they that arrive at it;" because they are few who embrace the Cross with.

with Patience, Constancy, Peace and Resignation.

To deny one's self in all Things, to be subject to another's Judgment, to mortify continually all inward Passions, to annihilate one's self in all Respects, to follow always that which is contrary to one's own Will, Appetite and Judgment, are Things that few can do: Many are those that teach them, but few are they that practise them.

Many Souls have undertaken, and daily do undertake this Way; and they persevere all the while they keep the sweet Relish of their primitive Fervour; but this Sweetness and sensible Delight is scarce done, but presently, upon the overtaking of a Storm of Trouble, Temptation, and Dryness (which are necessary Things to help a Man up the high Mountain of Perfection) they falter and turn back: A clear Sign that they sought themselves, and not God or Perfection.

May it please God, that the Souls which have had Light, and been called to an inward Peace, and by not being constant in Dryness, and Tribulation, and Temptation, have started back, may not
be

be cast into outer Darknes, with him that had not on a Wedding Garment ; although he was a Servant, for not being disposed, giving himself up to Self-love.

This Monster must be vanquished, this seven-headed Beast of Self-love must be beheaded, in order to get up to the Top of the high Mountain of Peace. This Monster puts his Head everywhere ; sometimes it gets amongst Relations, which strangely hinder with their Conversations ; to which Nature easily lets itself be led ; sometimes it gets, with a good look of Gratitude, into passionate Affection ; sometimes into Affection to most subtil spiritual vain Glories and temporal ones, and Niceties of Honour ; which Things stick very close ; sometimes it cleaves to spiritual Pleasures, staying even in the Gifts of God, and in his Graces freely bestowed ; sometimes it desires exceedingly the Preservation of Health, and with Disguise, to be used well, and its own Profit and Conveniencies ; sometimes it would seem well, with very curious Subtilties ; and lastly, it cleaves with a notable Propensity, to its own proper Judgment and Opinion in all Things ; the Roots of which are
closely

closely fixed in its own Will : All these are Effects of Self-love, and if they be not denied, impossible it is that a Man should ever get up to the Height of perfect Contemplation, to the highest Happiness of the loving Union, and the lofty Throne of Peace internal.



C H A P. IV.

Of two spiritual Afflictions, wherewith God cleanseth the Soul that he unites with Himself.

NOW you shall know that God uses two Ways for the cleansing the Souls which he would perfect and enlighten, to unite them closely to himself : The first (of which we will treat in this and the following Chapter) is with the bitter Waters of Afflictions, Anguish, Distress, and inward Torments. The second is, with the burning Fire of an inflamed Love, a Love impatient and hungry: Sometimes he makes use of both, in those Souls which he would fill with Perfection;

Perfection; sometimes he tries them with great Tribulations, and inward and outward Bitterness, scorching them with the Fire of rigorous Temptation; sometimes he puts them into the Crucible of anxious and distrustful Love, making them fast there with a mighty Force; because so much the greater as the Lord would have the Illumination and Union of a Soul to be, so much the more strong is the Torment and the Purgation; because all the Knowledge and Union with God arises from Suffering, which is the truest Proof of Love.

O that thou wouldst understand the great Good of Tribulation! This is that which blots out Sins, cleanses the Soul, and produces Patience; this in Prayer inflames it, enlarges it, and puts it upon the Exercise of the most sublime Act of Charity: This rejoices the Soul, brings it near to God, calls it to, and gives it Entrance into Heaven: The same is that which tries the true Servants of God, and renders them sweet, valiant, and constant; that is it which makes God hear them with speed, *Ad Dominum, cum tribulare, clamavi & exaudivit me*, Psal. cxix. It is that which annihilates, refines, and perfects

perfects them; and finally, this is that which of earthly, makes Souls heavenly; of human, divine; transforming them and uniting them in an admirable Manner, with the Lord's Humanity and Divinity. It was well said by *Augustine*, That the Life of the Soul upon Earth, is Temptation. Blessed is the Soul which is always opposed, if it doth constantly resist Temptation. This is the Means which the Lord makes use of to humble it, to annihilate it, to spend it, to mortify it, to deny it, to perfect it, and fill it with his divine Gifts: By this Means of Tribulation and Temptation he comes to crown it, and transform it. Persuade thyself that Temptations and Fightings are necessary for the Soul, to make it perfect.

O blessed Soul, if thou knowest how to be content and quiet in the Fire of Tribulation, and wouldst but let thyself be washed with the bitter Waters of Affliction, how quickly wouldst thou find thyself rich in heavenly Gifts? How soon would the divine Bounty make a rich Throne in thy Soul, and a goodly Habitation for thee to refresh and solace thyself in it?

Know

Know that the Lord hath his Repose no where but in quiet Souls, and in those in which the Fire of Tribulation and Temptation hath burnt up the Dregs of Passions, and the bitter Water of Afflictions hath washed off the filthy Spots of inordinate Appetites; in a Word, the Lord reposes not himself any where, but where Quietness reigns, and Self-love is banished.

But thou wilt never arrive at this happy State, nor find in thy Soul the precious Pledge of Peace internal, although thou hast gotten the better of the external Senses by the Grace of God, till it become purified from the disordered Passions of Concupiscence, Self-esteem, Desire and Thoughts, how spiritual soever, and many other Interests and secret Vices, which lie within the very Soul of thee, hindering the peaceable Entrance of that great Lord into it, who would be united and transformed with thee.

The very Virtues acquired, and not purified, are a Hindrance to this great Gift of the Peace of the Soul; and more, the Soul is clogged by an inordinate Desire of sublime Gifts, by the Appetite of
feeling

feeling spiritual Consolation, by sticking to infused and divine Graces, entertaining itself in them, and desiring more of them, to enjoy them, and finally, by a Desire of being great.

O how much is there to be purified in a Soul that must arrive at the holy Mountain of Perfection, and of Transformation with God! O how disposed, naked, denied, annihilated, ought the Soul to be, which would not hinder the Entrance of this divine Lord into it, nor his continual Communication!

This Disposition of preparing the Soul in its Bottom for divine Entrance, must of Necessity be made by the divine Wisdom. If a Seraphim is not sufficient to purify the Soul, how shall a Soul that is frail, miserable, and without Experience, ever be able to purify itself?

Therefore the Lord himself will dispose thee, and prepare thee passively by a Way thou understandest not, with the Fire of Tribulation and inward Torment, without any other Disposition on thy Side, than a Consent to the internal and external Cross.

Thou wilt find within thyself a passive Dryness, Darknes, Anguish, Contradictions,

tions, continual Resistance, inward Desertions, sad Desolations, continual and strong Suggestions, and vehement Temptations of the Enemy; finally, thou wilt see thyself so afflicted, that thou wilt not be able to lift up thy Heart, being full of Sorrow and Heaviness, nor do the least Act of Faith, Hope, or Charity.

Here thou wilt see thyself forlorn, and subject to Passions of Impatience, Anger, and disordered Appetites, seeming to thyself the most miserable Creature, the greatest Sinner in the World, the most abhorred of God, deprived and stript of all Virtue, with a Pain like that of Hell; seeing thyself afflicted and desolate, to think that thou hast altogether lost God; this will be thy cruel, cutting and most bitter Torment.

But though thou shalt see thyself so oppressed, seeming to thyself to be proud, impatient and wrathful; yet these Temptations shall lose their Force and Power upon thee; they have no Place in thy Soul, by secret Virtue, the sovereign Gift of inward Strength, which rules in the inmost Part of it, conquering the most affrightening Punishment and Pain, and the strongest Temptation.

Keep

Keep constant, O blessed Soul, keep constant ; for it will not be as thou imaginest, nor art thou at any Time nearer to God, than in such Cases of Desertion ; for although the Sun is hid in the Clouds, yet it changes not its Place, nor a Jot the more loses it Brightness. The Lord permits this painful Desertion in thy Soul, to purge and polish thee, to cleanse and disrobe thee of thyself ; and thou mayst in this Manner be all his, and give thyself wholly up to him, as his infinite Bounty is intirely given to thee, that thou mayest be his Delight ; for although thou dost lament, and weep, yet he is joyful and glad in the most secret and hidden Place of thy Soul.



C H A P. V.

How important and necessary it is to the interior Soul, to suffer blindfold this first and spiritual Tribulation.

TO the End that the Soul, of earthly may become heavenly, and may come to that greatest Good of Union with God,

GOD, it is necessary for it to be purified in the Fire of Tribulation and Temptation: And though it be true, and a known and approved Maxim, that all those that serve the Lord, must suffer Troubles, Persecutions and Tribulations; yet the happy Souls which are guided by God, by the secret Way of the interior Walk, and of purgative Contemplation, must suffer above all others, strong Temptations and Torments, more bitter than those wherewith the Martyrs were crowned in the primitive Church.

The Martyrs, besides the Shortness of their Torment, which hardly endured Days, were comforted with a clear Light and special Help, in Hope of the near and sure Reward. But the desolate Soul that must die in itself, and put off, and make clean its Heart, seeing itself abandoned by God, surrounded by Temptations, Darkness, Anguish, Affliction, Sorrow and rigid Drowths, doth taste of Death every Moment in its painful Temptations and tremendous Desolation, without feeling the least Comfort, with an Affliction so great, that the Pain of it seems nothing else but a Death prolonged

longed, and a continual Suffering: whereupon, with great Reason, it may be said, That although there be many Sufferers, yet there are few Souls which follow CHRIST our Lord with Peace and Resignation in such Torments.

Then it was Men that martyred them, and GOD comforted their Souls; but now it is GOD that afflicts, and hides himself.

Thy Sorrow will seem to thee insuperable, and thy Afflictions past the Power of Comfort, and that Heaven rains no more upon thee; thou wilt see thyself begirt with Grievs, and besieged with Sorrows internal, from the Darkness of thy Powers, from the Weakness of Discourses: Strong Temptations will afflict thee, painful Distrusts and troublesome Scruples; nay, Light and Judgment will forsake thee.

All the Creatures will give thee Trouble; spiritual Counsels will bring thee Pain; the reading of Books, how holy soever, will not comfort thee, as it used to do: If they speak to thee of Patience, they will exceedingly trouble thee; the fear of losing GOD through thy Unthank-

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fulness

fulness and Want of Returns, will torment thee to the Soul; if thou gronest and beggest Help of God, thou wilt find, instead of Comfort, inward Reproof and Disfavour; like another *Canaanitish* Woman, to whom he made no Answer at first, and then treated her as the Creature he was speaking of.

And although at this Time the Lord will not abandon thee, because it would be impossible to live one Moment without his Help, yet the Succour will be so secret, that thy Soul will not know it, nor be capable of Hope and Consolation; the End of those Afflictions and Bitternesses will seem impossible.

But if thou, O blessed Soul, shouldest know how much thou art beloved, and defended by that divine Lord, in the midst of thy long Torments, thou wouldest find them so sweet, that it would be necessary that God should work a Miracle to let thee live. Be constant, O happy Soul, be constant and of good Courage; for however intolerable thou art to thyself, yet thou wilt be protected, enriched, and beloved by that greatest Good, as if he had nothing else to do than to lead thee

thee to Perfection by the highest Steps of Love ; and if thou dost not turn away, but perseverest constantly, without leaving off thy Undertaking, know that thou offerest to God the most acceptable Sacrifice ; so that if the Lord were capable of Pain, he would find no Ease till he has completed this loving Union with thy Soul.

If from the Chaos of nothing, his Omnipotence has produced so many Wonders, what will he do in thy Soul, created after his own Image and Likeness, if thou keepest constant, quiet and resigned, with a true Knowledge of thy Nothingness ? Happy Soul, which even when it is disturbed, afflicted and disconsolate, keeps steady there within, without going forth to desire exterior Comfort.

Afflict not thyself too much, and with Inquietude, because these sharp Martyrdoms may continue ; persevere in Humility, and go not out of thyself to seek Aid ; for all thy Good consists in being silent, suffering, and holding Patience with Rest and Resignation : There wilt thou find the divine Strength to overcome so hard a Warfare : He is within

thee that fighteth for thee; and he is Strength itself.

When thou shalt come to this painful State of fearful Desolation, Weeping and Lamentation are not forbidden thy Soul, whilst in the upper Part of it, it keeps resigned. Who can bear the Lord's heavy Hand without Tears and Lamentation? That great Champion *Job*, even he lamented; so did CHRIST our Lord in his Forsaking: But their Weepings were accompanied with Resignation.

Afflict not thyself, though GOD do crucify thee, and make Trial of thy Fidelity; imitate the Woman of *Canaan*, who being rejected, did importune and persevere, humbling herself and following him, though she were treated as she was. It is necessary to drink the Cup, and not go back: If the Scales were taken from thine Eyes, as they were from *Paul's*, thou wouldest see the Necessity of Suffering, and Glory as he did, esteeming more the being crucified, than being an Apostle.

Thy Advantage consists not in enjoying, but in suffering with Quiet and Resignation. *Teresa* is said to have appeared after

after her Death to a certain Soul, and told it, " That she had only been rewarded for her Pain; but had not received one Dram of Reward for so many Extasies, and Revelations and Comforts, that she had enjoyed in this World."

Although this painful Desolation and passive Purgation be so tremendous, that with Reason it hath gotten the Name of Hell among Mystic Divines, (because it seems impossible to be able to live a Moment with so grievous a Torment; so that with great Reason it may be said, " That he that suffers it, lives dying, " and dying lives a lingering Death;") yet know, that it is necessary to endure it, to arrive at the sweet, joyous, and abundant Riches of high Contemplation and loving Union: And there has been no holy Soul, which has not passed through this spiritual and painful Torment.

C H A P. VI.

THE other more profitable and meritorious Tribulation, in Souls already advanced in Perfection and deep Contemplation, is a Fire of divine Love, which burns the Soul, and makes it painful with the same Love : Sometimes the Absence of its Beloved afflicts it.

Just so much as Light and Love increases, just so much increases the Grief in seeing that Good absent, which it loves so well. To feel it near itself is Enjoyment ; and never to have done knowing and possessing it, consumes its Life : It has Food and Drink near its Mouth, whilst it wants either, and cannot be satisfied. It sees itself swallowed up and drowned in a Sea of Love, whilst the powerful Hand that is able to save it, is near it ; and yet doth not do it ; nor doth it know when he will come, whom it so much does desire.

Sometimes it hears the inward Voice of its Beloved, which courts and calls it ; and a soft and delicate Whisper, which
goes

goes forth from the Secret of the Soul where it abides, which pierces it strongly, even like to melt and dissolve it, in seeing how near it hath him within itself, and yet how far off from it, whilst it cannot come to possess him.



C H A P. VII.

Inward Mortification and perfect Resignation are necessary for obtaining internal Peace.

THE most subtil Arrow that is shot at us from Nature, is to induce us to that which is unlawful, with a Pretence that it may be necessary and useful. O how many Souls have suffered themselves to be led away, and have lost the Spirit by this gilded Cheat. Thou wilt never taste the delicious Manna, (*Quod nemo novit, nisi qui accipit*, Apoc. ch. 2.) unless thou dost perfectly overcome thyself, even to die in thyself; because he who endeavours not

to die to his Passions, is not well disposed to receive the Gift of Understanding, without the Infusion whereof it is impossible for him to go in into himself, and be changed in his Spirit; and therefore those that keep without have nothing of it.

Never disquiet thyself for any Accident: For Inquietude is the Door by which the Enemy gets into the Soul to rob it of its Peace.

Resign and deny thyself wholly; for though true Self-denial is harsh at the Beginning, it is easy in the middle, and becomes most sweet in the End.

Thou wilt find thyself far from Perfection, if thou dost not find God in every Thing.

Know, that pure, perfect and essential Love, consists in the Cross, in Self denial and Resignation, in perfect Humility, in Poverty of Spirit, and in a mean Opinion of thyself.

In the Time of strong Temptation, Desertion and Desolation, it is necessary for thee to get close into thy Center, that thou mayst only look at, and contemplate God, who keeps his Throne
and

and his Abode in the Bottom of thy Soul.

Thou wilt find Impatience and Bitterness of Heart to grow from the Depth of sensible, emptied, and mortified Love.

True Love is known, with its Effects, when the Soul is profoundly humbled, and desires to be truly mortified.

Many there are, who, however they have been dedicated to Prayer, yet have no Relish of God; because in the End of their Prayers, they are neither mortified, nor attend upon God any longer: For obtaining that peaceable and continual attending, it is necessary to get a great Purity of Mind and Heart, great Peace of Soul, and an universal Resignation.

To the simple and the mortified, the Recreation of the Senses is a Sort of Death: They never go to it, unless compelled by Necessity and Edification of their Neighbours.

The Bottom of our Soul, you will know, is the Place of our Happiness. There the Lord shews us Wonders: There we ingulf and lose ourselves in

the immense Ocean of his infinite Goodness, in which we keep fixed and unmoveable. There resides the incomparable Fruition of our Soul, and that eminent and sweet Rest of it. An humble and resigned Soul, which is come to this Bottom, seeks no more than merely to please God, and the holy and loving Spirit teaches it every Thing with his sweet and enlivening Unction.

Amongst the Saints there are some who continually suffer, with Patience, Indispositions of Body, of which God takes great Care: But high and sovereign is their Gift, who by the Strength of the holy Ghost, suffer both internal and external Crosses with Content and Resignation. This is that Sort of Holiness so much the more rare, as it is more precious in the Sight of God. The spiritual ones which walk this Way, are rare: Because they are few in the World, who do totally deny themselves, to follow CHRIST crucified, with Simplesness and Barrenness of Spirit, through the lonesome and thorny Ways of the Cross, without making Reflections upon themselves,

A Life of Self-denial is above all the Miracles of the Saints; and it doth not know whether it be alive or dead, lost or gained, whether it agrees or resists: This is the true resigned Life. But although it should be a long Time before thou comest to this State, and thou shouldst think not to have made one Step towards it, yet affright not thyself at this, for GOD uses to bestow upon a Soul that Blessing in one Moment, which was denied it for many Years before.

The spiritual Man, that lives by GOD and in him, is inwardly contented in the midst of his Adversities, because the Cross and Affliction are his Life and Delight.

Tribulation is a great Treasure, where-with GOD honours those that be his, in this Life: Therefore evil Men become in some Sort, though not intentionally, serviceable to those that are Good; and so are the Devils themselves, which by afflicting us, do try to ruin us; but instead of doing us Harm, they do us the greatest Good imaginable.

There must be Tribulation to make a Man's Life acceptable unto GOD; without it, it is like the Body without the Soul,

Soul, the Soul without Grace, the Earth without the Sun.

With the Wind of Tribulation God separates, in the Floor of the Soul, the Chaff from the Corn.

When God crucifies in the inmost Part of the Soul, no Creature is able to comfort it; nay, Comforts are but grievous and bitter Crosses to it. And if it be well instructed in the Laws and Discipline of the Ways of pure Love, in the Time of great Desolation and inward Troubles, it ought not to seek abroad among the Creatures for Comfort, nor lament itself for want of them; nor will it be able to read spiritual Books, because this is a secret Way of getting at a Distance from Suffering.

Those are to be pitied, who cannot find in their Hearts to believe that Tribulation and Suffering is their greatest Blessing. They who are perfect ought always to be desirous of dying and suffering, being always in a State of Death and Suffering: Vain is the Man who doth not suffer, because he is born to toil and suffer; but much more the Friends and Elect of God.

Undeceive

Undeceive thyself, and believe, that in order to thy Soul's being totally transformed with God, it is necessary for it to be lost, and be denied in its Life, Sense, Knowledge and Power; and to die living, and not living; dying, and not dying; suffering, and not suffering; resigning up, and not resigning up itself; without reflecting upon any Thing.

Perfection, in its Followers, receives not its Glories, but by Fire, Grievs, Punishment and Contempt, suffered and endured with Courage; and he that would have some Place to set his Feet on, and rest himself, and does not go beyond the Reason of Reason and of Sense, will never get into the secret Cabinet of Knowledge, though by reading he may chance to get a Taste, and relish the Understanding of it.

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CHAP.

C H A P. VIII.

Pursues the same Matter.

THOU must know, that the Lord will not manifest himself in thy Soul, till it be denied in itself, and dead in its Senses and Powers; Nor will it ever come to this State, till being perfectly resigned, it resolves to be with G O D all alone; making an equal Account of Gifts and Contempts, Light and Darkness, Peace and War. In sum, that the Soul may arrive at perfect Quietness, and supreme and internal Peace, it ought first to die in itself, and live only in G O D, and for him; and the more dead it shall be in itself, the more shall it know G O D: But if it doth not mind this continual denying of itself, and internal Mortification, it will never arrive at this State, nor preserve G O D within it; and then it will be continually subject to Accidents and Passions of the Mind; such as are dozing, murmuring, resenting, excusing, pretending, to keep its Honour and Reputation, which are Enemies to Perfection, Peace, and the Spirit.

Know.

Know that the Diversities of States amongst those that are spiritual, consists only in not dying all alike; but in the happy, which die continually, God hath his Honour, his Blessings and Delights here below.

Great is the Difference which is between doing, suffering, and dying; doing is delightful, and belongs to Beginners; suffering, with Desire, belongs to those who are Proficients; dying always in themselves, belongs to those who are accomplished and perfect; of which Number there are very few in the World.

How happy wilt thou be, if thou hast no other Thought, but to die in thyself? Thou wilt then become not only victorious over thine Enemies, but over thyself: In which Victory, thou wilt certainly find pure Love, perfect Peace, and divine Wisdom.

It is impossible for a Man to be able to think and live Mystically in a simple Understanding of the divine Wisdom, if he does not first die in himself by the total denying of Sense, and the reasonable Appetite.

The true Lesson of the spiritual Man, and that which thou oughtest to learn, is,
to

to leave all Things in their Place, and not meddle with any, but what thy Office may bind thee to: Because the Soul which leaves every Thing to find God, doth then begin to have all in the Eternity it seeks.

The disesteem of Delights, and the counting of them Torment, is the Property of a truly mortified Man.

Enjoyment and internal Peace are the Fruits of the Spirit divine; and no Man gets them into his Possession, if in the Closet of his Soul he is not a resigned Man.

Thou seest that the Displeasures of the Good pass presently away; but, for all that, endeavour never to have them, nor to stop in them; for they hurt thy Health, disturb thy Reason, and disquiet thy Spirit.

Amongst other holy Counsels which thou must observe, remember well this that follows: Look not upon other Mens Faults, but thine own: Keep Silence with a continual internal Conversation: Mortify thyself in all Things, and at all Hours; and by this Means thou wilt get free from many Imperfections, and make thyself Commander of great Virtues.

Mortify

Mortify thyself in not judging ill of any Body at any Time; because the Suspicion of thy Neighbours disturbs the Purity of Heart, discomposes it, brings the Soul out, and takes away its Repose.

Never wilt thou have perfect Resignation, if thou mindest human Respects, and reflectest upon the little Idol of what People say. The Soul that goes by the inward Way, will soon lose itself, if once it come to look at Reason amongst the Creatures, and in Commerce and Conversation with them. There is no other Reason, than not to look at Reason, but to imagine that God permits Grievances to fall on us, to humble and annihilate us, and make us live wholly resigned.

Behold how God makes greater Account of a Soul that lives internally resigned, than of another that doth Miracles, even to the raising of the Dead.

Many Souls there are, which, though they exercise Prayer, yet because they are not mortified, are always imperfect, and full of Self-love.

Hold it for a true Maxim, That Nobody can do a Grievance or Injury to a Soul despised by itself, and one that is nothing in its own Account.

Finally,

Finally, have good Hope, suffer, besilent and patient: Let nothing affright thee; all of it will have a Time to End. God only is he that is unchangeable; Patience brings a Man in every Thing. He that hath God, hath all Things; and he that hath him not, hath nothing.

CHAP. IX.

For the obtaining of internal Peace, it is necessary for the Soul to know his Misery.

IF the Soul should not fall into some Faults, it would never come to understand its own Misery, though it hears Men speak, and reads spiritual Books; nor can it ever obtain precious Peace, if it do not first know its own miserable Weakness; because there the Remedy is difficult, where there is no clear Knowledge of the Defect. God will suffer in thee sometimes one Fault, sometimes another, that by this Knowledge of thyself, seeing

seeing thee so often fallen, thou mayst believe that thou art a mere nothing; in which Knowledge and Belief, true Peace and perfect Humility is founded: And that thou mayst the better search into this Myſtery, and ſee what thou art, I will try to undeceive thee in ſome of thy manifold Imperfections.

Thou art ſo quick and nice, that it may be if thou doſt but trip as thou walkeſt, or findeſt thy Way moleſted, thou feeleſt even Hell itſelf. If thou art denied thy Due, or thy Pleaſure oppoſed, thou preſently brikeſt up with a warm Reſentment of it. If thou ſpieſt a Fault in thy Neighbour, inſtead of pitying him, and thinking that thou thyſelf art liable to the ſame failing, thou indifferently reproveſt him; if thou ſeeſt a Thing convenient for thee, and cannot compaſs it, thou groweſt ſad and full of Sorrow; if thou receiveſt a ſlight Injury from thy Neighbour, thou chideſt at him, and complaineſt for it, inſomuch, that for any Trifle thou art inwardly and outwardly diſcompoſed, and loſeſt thyſelf.

Thou wouldeſt be patient, but with another's Patience; and if the Impatience

tience still continues, thou layest the Fault with much Pains upon thy Companion, without considering, that thou art intolerable to thyself; and when the Rancour is over, thou cunningly dost return to make thyself virtuous, giving Documents, and relating spiritual Sayings with Artifice of Wit, without mending thy past Faults. Although thou willingly dost condemn thyself, reproving thy Faults before others, yet this thou dost more to justify thyself with him that sees thy Faults, that thou mayst return again afresh to the former Esteem of thyself, than through any Effect of perfect Humility.

Other Times thou dost subtilly alledge, that it is not through Fault but Zeal of Justice, that thou complaineest of thy Neighbour. Thou believest for the most Part that thou art virtuous, constant, and courageous, even to the giving up of thy Life into the Tyrant's Hand, solely for the Sake of divine Love; yet thou canst scarce hear the least Word of Anger, but presently thou dost afflict, and trouble, and disquiet thyself. These are all industrious Engines of Self-love, and the
secret

secret Pride of thy Soul. Know therefore, that Self-love reigns in thee, and from the purchasing this precious Peace, that is thy greatest Hindrance.



C H A P. X.

In which is shewed and discovered what is the false Humility; and what the true; with the Effects of them.

THOU must know that there are two Sorts of Humility; one false and counterfeit, the other true. The false one is theirs, who, like Water, which must mount upward, receive an external Fall, and artificial Submission, to rise up again immediately. These avoid Esteem and Honour, that so they may be took to be humble: They say of themselves, that they are very Evil, that they may be thought Good; and though they know their own Misery, yet they are loth that other Folks should know it. This is dissembled Humility, and feigned, and nothing but secret Pride.

Theirs

Theirs is the true Humility, which have gotten a perfect Habit of it; these never think of it, but judge humbly of themselves; they do Things with Courage and Patience; they live and die in God; they mind not themselves nor the Creatures; they are constant and quiet in all Things; they suffer Molestation with Joy, desiring more of it, that they may imitate their dear and despised Jesus; they covet to be reputed Trifles by the World; they are contented with what God allots them, and are convinced of their Faults with a pleasing Shame; they are not humbled by the Counsel of Reason, but by the Affection of the Will; there is no Honour that they look after, nor Injury to disturb them; no Trouble to vex them; no Prosperity to make them proud, because they are always immoveable in their Nothing, and in themselves with absolute Peace.

And that thou mayest be acquainted with interior and true Humility, know, that it doth not consist in external Acts, in taking the lowest Place, in going poor in Clothes, in speaking submissively, in
 shutting

shutting the Eyes, in affectionate Sighings, nor in condemning thy Ways, calling thyself miserable, to give others to understand that thou art humble: It consists only in the Contempt of thyself, and the Desire to be despised, with a low and profound Knowledge, without concerning thyself whether thou art esteemed humble or no, though an Angel should reveal such a Thing to thee.

The Light, wherewith the Lord with his Graces enlightens the Soul, doth two Things; it discovers the Greatness of God; and at the same Time the Soul knows its own Misery, insomuch that no Tongue is able to express the Depth in which it is overwhelmed, being desirous that every one should know its Humility; and it is so far from Vain-glory and Complacency, as it sees that Grace of God to be the mere Goodness of him, and nothing but his Mercy, which is pleased to take Pity on it.

Thou shalt never be hurt by Men or Devil, but by thyself, thy own proper Pride, and the Violence of thy Passions; take heed of thyself, for thou, of thyself, art the greatest Hurt to thyself.

Have

Have no Mind to be esteemed, when God incarnate was called Fool, Drunkard, and said to have a Devil. O the Folly of Christians! That we should be willing to enjoy Happiness, without being willing to imitate him on the Cross, in Reproaches, Humility, Poverty, and in other Virtues?

The truly humbled Man is at rest and ease in his Heart, above all Man's own Reason and Discretion, possessing himself in Peace and Quietness; looking for, with all Humility, the pure Pleasure of God, as well in Life as Death: Things without do no more disquiet him, than if they never were. The Cross to him, and even Death itself, are Delights, though he make no such Shew outwardly. But O, who do we speak of! For few there are of these Sort of humble Men in the whole World.

Hope thou, and desire, and suffer, and die without any Body's knowing it; for herein consists the humble and perfect Love. O how much Peace wilt thou find in thy Soul, if thou dost profoundly humble thyself, and even embrace Contempt?

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Thou wilt never be perfectly humble, though thou knowest thy own Misery, unless thou desirest all Men should know it; then thou wilt avoid Praises, embrace Injuries, despise every Thing that makes a fair Shew, even to thine own self; and if any Tribulation come upon thee, blame none for it, but judge that it comes from God's Hand, as the Giver of every Good.

If thou wouldst bear thy Neighbour's Faults, cast thine Eye upon thine own: and if thou thinkest to thyself, that thou hast made any Progress in Perfection by thyself, know that thou art not humble, at all, nor hast yet made one Step in the Way of the Spirit.

The Degrees of Humility, are the Qualities of a Body in the Grave; that is, to be in the lowest Place, buried like one that is dead, to stink and be corrupted to itself, to be Dust, and nothing in one's own Account: Finally, if thou wouldest be blessed, learn to despise thyself, and to be despised by others.

C H A P. XI.

*Maxims, to know a simple, humble,
and true Heart.*

ENcourage thyself to be humble, embracing Tribulations, as Instruments of thy Good; rejoice in Contempt, and desire that God may be thy holy Refuge, Comfort and Protector.

None, let him be never so great in this World, is so great as he that hath the Favour of God; and therefore the truly humble Man despises whatever there is in the World, even to himself, and puts his only Trust and Repose in God.

The truly humble Man suffers quietly and patiently internal Troubles; and he is the Man that makes great Way in a little Time, like one that sails before the Wind.

The truly humble Man finds God in all Things; so that whatever Contempt, Injury or Affronts come to him by Means of the Creatures, he receives it with great Peace and Quiet internal, as sent from the divine Hand; and loves greatly the
Instrument

Instrument with which the Lord tries him.

He is not yet arrived at profound Humility, that is taken with Praise, though he does not desire it, nor seek it, but rather avoids it: Because, to an humble Heart, Praises are bitter Crosses, although it be wholly quiet and immoveable.

He has no internal Humility, who doth not abhor himself, with a mortal, but withal a peaceable and quiet Hatred: But he will never come to possess this Treasure, that has not a low and profound Knowledge of his own Vileness, Rottenness and Misery.

He that is upon Excuses and Replies, has not a simple and humble Heart, especially if he does this with his Superiors; because Replies grow from a secret Pride that reigns in the Soul, and from thence proceeds the total Ruin of it.

Perfidiousness supposes little Submission, and this less Humility; and both together they are the Fuel of Inquietness, Discord and Disturbance.

The humble Heart is not disquieted by Imperfections, though these do grieve it to the Soul; because they are against

its loving Lord. Nor is he concerned that he cannot do great Things; for he always stands in his own Nothingness and Misery; nay, he wonders at himself, that he can do any Thing of Virtue, and presently thanks the Lord for it, with a true Knowledge that it is God that doth all, and remains dissatisfied with what he does himself.

The truly humble Man, though he sees all, yet he looks upon nothing to judge it, because he judges ill only of himself.

The truly humble Man doth always find an Excuse to defend him that mortifies him, at least in a sound Intention. Who therefore would be angry with a Man of good Intention?

So much (nay more) doth false Humility displease God, as true Pride does; because that is Hypocrisy besides.

The truly humble Man, though every Thing falls out contrary to him, is neither disquieted nor afflicted by it; because he is prepared, and thinks he deserves no less. He is not disquieted under troublesome Thoughts, wherewith the Devil seeks to torment him, nor under
Temptations,

Temptations, Tribulations and Deser-
tions; but rather acknowledges his Un-
worthiness, and is affected that the Lord
chastises him by the Devil's Means, tho'
he be a vile Instrument; all he suffers
seems nothing to him, and he never doth
a Thing that he thinks worth any great
Matter.

He that is arrived at perfect and in-
ward Humility, although he be disturbed
at nothing, as one that abhors himself,
because he knows his Imperfection in
every Thing, his Ingratitude and his
Misery, yet he suffers a great Cross in en-
during himself. This is the Sign to
know true Humility of Heart by. But
the happy Soul, which is gotten to this
holy Hatred of itself, lives overwhelmed,
and swallowed up in the Depth of its
own Nothingness; out of which the Lord
raises him, by communicating divine
Wisdom to him, and filling him with
Light, Peace, Tranquillity and Love.

C H A R. XII.

Inward Solitude is that which chiefly brings a Man to the purchase of internal Peace.

K NOW, that although exterior Solitude doth much assist for the obtaining internal Peace, yet the Lord did not mean this, when he spake by his Prophet (*Hof. ii. 14.*) *I will bring her into Solitude, and speak privately to her:* But he meant the interior Solitude, which jointly conduces to the obtaining the precious Jewel of Peace internal. Internal Solitude consists in the forgetting of the Creatures, in disengaging one's self from them, in a perfect Nakedness of all the Affections, Desires, Thoughts, and one's own Will. This is the true Solitude, where the Soul reposes with a sweet and inward Serenity in the Arms of its chiefest Good.

O what infinite Room is there in a Soul that is arrived at this divine Solitude! O what inward, what retired, what secret, what spacious, what vast Distances
are

are there within a happy Soul that is once come to be truly Solitary! There the Lord converses, and communicates himself inwardly with the Soul; there he fills it with himself, because it is empty; clothes it with Light and with his Love, because it is naked; lifts it up, because it is low, and unites it with himself; and transforms it, because it is alone.

“ O delightful Solitude, and Earnest
 “ of eternal Blessings! O Mirror, in
 “ which the eternal Father is always be-
 “ held! There is great Reason to call
 “ thee *Solitude*; for thou art so much
 “ alone, that there is scarce a Soul that
 “ looks after thee, that loves and knows
 “ thee, O divine Lord! How is it that
 “ Souls do not go from Earth to this
 “ Glory! How come they to lose so
 “ great a Good, through the only Love
 “ and Desire of created Things? Blessed
 “ Soul, how happy wilt thou be, if thou
 “ dost but leave all for God! Seek him
 “ only, breathe after none but him; let
 “ him only have thy Sighs. Desire no-
 “ thing, and then nothing can trouble
 “ thee; and if thou dost desire any
 “ Good, how spiritual soever it be, let
 “ it

“ it be in such a Manner, that thou
 “ mayst not be disquieted, if thou
 “ missest it.”

If, with this Liberty, thou wilt give thy Soul to God, taken off from the World, free and alone, thou wilt be the happiest Creature upon Earth, because the most High has his secret Habitation in this holy Solitude : In this Desert and Paradise, is enjoyed the Conversation of God ; and it is only in this internal Retirement that that marvellous, powerful, and divine Voice is heard.

If thou wouldst enter into this Heaven on Earth, forget every Care and every Thought ; get out of thyself, that the Love of God may live in thy Soul.

Live as much as ever thou canst abstracted from the Creatures, dedicate thyself wholly to thy Creator, and offer thyself in Sacrifice with Peace and Quietness of Spirit. Know, that the more the Soul disrobes itself, the more Way it makes into this interior Solitude, and becomes clothed with God ; and the more lonesome and empty of itself the Soul gets to be, the more the divine Spirit fills it.

There

There is not a more blessed Life than a solitary one; because in this happy Life, God gives himself all to the Creature, and the Creature all to God, by an intimate and sweet Union and Love. O how few are there that come to relish this true Solitude!

To make the Soul truly solitary, it ought to forget all the Creatures, and even itself; otherwise it will never be able to make any near Approach to God. Many Men leave and forsake all Things, but they do not leave their own Liking, their own Will, and themselves; and therefore these truly solitary ones are so few. Wherefore, if the Soul does not get off from its own Appetite and Desire, from its own Will, from spiritual Gifts, and from Repose even in the Spirit itself, it never can arrive at this high Felicity of internal Solitude.

Go on, blessed Soul! Go on without Stop, towards this Blessedness of internal Solitude: See how God calls thee to enter into thy inward Center, where he will renew thee, change thee, fill thee, clothe thee, and shew thee a new and heavenly Kingdom, full of Joy, Peace, Content and Serenity.

C H A P. XIII.

In which is shewed what infused and passive Contemplation is, and its wonderful Effects.

YOU must know, that when once the Soul is habituated to internal Recollection and acquired Contemplation, which we have spoken of; when once it is mortified, and desires wholly to be denied its Appetites; when once it efficaciously embraces internal and external Mortification, and is willing to die to its Passions and its own Ways, then God uses to take it alone by itself, and raise it more than it knows to a compleat Repose, where he sweetly and inwardly infuses in it his Light, his Love, and his Strength, in kindling and inflaming it with a true Disposition to all Manner of Virtue.

There the divine Spouse, suspending its Powers, affords it a most sweet and pleasant Rest; there it sleeps, and quietly receives and enjoys what it enjoys, with a sweet Calm; there the Soul, raised and lifted up to this passive State, becomes

comes united to its greatest Good, without costing it any Trouble or Pains for this Union: There, in that supreme Region, and sacred Temple of the Soul, that greatest Good takes its Complacency, manifests itself, and creates a Relish from the Creature, in a Way above Sense and all human Understanding: There also only the pure Spirit, who is God (the Purity of the Soul being incapable of sensible Things) rules it; communicating to it its Illustrations, and those Sentiments which are necessary for the most pure and perfect Union.

The Soul coming to itself again from these sweet and divine Embracings, becomes rich in Light, and Love, and a mighty Esteem of the divine Greatness, and the Knowledge of its own Misery, finding itself all changed divinely, and disposed to embrace, suffer, and to practise perfect Virtue.

A simple, pure, infused and perfect Contemplation therefore, is a known and inward Manifestation which God gives of himself, of his Goodness, of his Peace, of his Sweetness, whose Object is God, pure, unspeakable, abstracted from all particular Thoughts, within an inward Silence:

Silence: But it is God delightful, God that draws us, God that sweetly raises us in a spiritual and most pure Manner; an admirable Gift which the divine Majesty bestows to whom he will, as he will, and when he will, and for what Time he will; though the State of this Life be rather a State of the Cross, of Patience, of Humility, and of Suffering, than of enjoying.

Never wilt thou enjoy this divine Nectar, till thou art advanced in Virtue and inward Mortifications; till thou dost heartily endeavour to fix in thy Soul a great Peace, Silence, Forgetfulness, and internal Solitude; how is it possible to hear the sweet, inward and powerful Voice of God in the Midst of the Noise and Tumults of the Creatures? And how can the pure Spirit be heard in the midst of Considerations and Discourses of Artifice? If the Soul will not continually die in itself, denying itself to all these Materialities and Satisfactions, the Contemplation can be no more but a mere Vanity, a vain Complacency and Presumption.

C H A P. XIV.

Pursues the same Matter.

GOD doth not always communicate himself with equal Abundance in this sweet infused Contemplation : Sometimes he grants this Grace more than he doth at other Times ; and sometimes he expects not that the Soul should be so dead and denied, because this Gift being his mere Grace, he gives it when he pleases, and as he pleases ; so that no general Rule can be made of it, nor any Rate set to his divinè Greatness.

Sometimes the Lord gives greater Light to the Understanding ; sometimes greater Love to the Will. There is no need here for the Soul to take any Pains or Trouble ; it must receive what God gives it, and rest united, as he will have it ; because his Majesty is Lord, and in the very Time that he lays it asleep, he possesses and fills it, and works in it powerfully and sweetly, without any Industry or Knowledge of its own ; insomuch that before ever it is aware of this so great Mercy, it is gained, convinced, and changed already.

The

The Soul which is in this happy State, hath two Things to avoid, the Activity of human Spirit, and Interestedness : Our human Spirit is unwilling to die in itself, but loveth to be doing and discoursing after its Way, being in love with its own Actions. A Man had need to have a great Fidelity, and, divesting himself of Selfishness, to get a perfect and passive Capacity of the divine Influences ; the continual Habits of operating freely, which it has, are a Hindrance to its Annihilation.

The Second is, Interestedness in Contemplation itself : Thou must therefore procure in thy Soul a perfect divesting of all which is not God, without seeking any other End or Interest, within or without, but the divine Will.

In a Word, the Manner that thou must use on thy Part, to fit thyself for this pure, passive, and perfect Prayer, is a total Consignment of thyself into the Hands of God, with a perfect Submission to his most holy Will, to be busied according to his Pleasure and Disposition, receiving what he ordains thee, with an even and perfect Resignation.

Thou

Thou must know, that few be the Souls which arrive at this infused and passive Prayer; because few of them are capable of these divine Influences, with a total Nakedness, and Death of their own Activity and Powers: Those only which feel it, know it so, that this perfect Nakedness is acquired (by the Help of God's Grace) by a continual and inward Mortification, dying to all its own Inclinations and Desires.

At no Time must thou look at the Effects which are wrought in thy Soul, but especially herein; because it would be a Hindrance to the divine Operations which enrich it; all that thou hast to do, is to pant after Resignation and Forgetfulness; and, without thy being sensible of it, the greatest Good will leave in thy Soul a fit Disposition for the Practice of Virtue, a true Love of thy Cross, of thy own Contempt, and greater and stronger Desires still of thy greater Perfection, and the most pure and affective Union.

C H A P. XV.

Of the two Means whereby the Soul ascends up to Contemplation, with the Explication of what and how many the Steps of it are.

THE Means whereby the Soul ascends to the Felicity of Contemplation and affective Love, are two; the Pleasure, and the Desires of it. God uses at first to fill the Soul with sensible Pleasures, because it is so frail and miserable, that without this preventive Consolation, it cannot take wing towards the Fruition of heavenly Things. In this first Step it is disposed by Contrition, and is exercised in Repentance, meditating upon the Redeemer's Passion, rooting out diligently all worldly Desires, and vicious Courses of Life: Because the Kingdom of Heaven suffers Violence, and the faint Heart, the delicate, never conquer it, but those that use Violence and Force with themselves.

The second Means is the Desires. The more the Things of Heaven are delighted in, the more they are desired; and from thence there do ensue upon spiritual Pleasures,

tures, Desires of enjoying heavenly and divine Blessings, and contempt of worldly ones. From these Desires arise the Inclination of following CHRIST our Lord, who said, *I am the Way*, John xiv. 6. the Steps of his Imitation by which a Man must go up, are *Charity, Humility, Meekness, Patience, Poverty, Self-Contempt, the Cross, Prayer and Mortification.*

The Steps of infused Contemplation are three. The first is Satiety. When the Soul is filled with God, it conceives a Hatred to all worldly Things; then it is quiet, and satisfied only with divine Love. The second is, an Elevation of Soul, arising from divine Love and Satiety of it. The third is Security. This Step turns out all Fear: The Soul is so drencht with Love divine, and resigned up in such a Manner to the divine good Pleasure, that it would go willingly into Tribulation, if it did but know it so to be the Will of the most High. In this Step it feels such a certain Bond of the divine Union, that it seems to it an impossible Thing to be separated from its Beloved, and his infinite Treasure.

There are six other Steps of Contemplation, which are these, *Fire, Union, Elevation,*

tion, Illumination, Pleasure and Repose.
 With the first the Soul is inkindled; and being inkindled, is anointed; being anointed, is raised; being raised, contemplates; contemplating, it receives Pleasure; and receiving Pleasure, it finds Repose. By these Steps the Soul rises higher, being abstracted and experienced in the spiritual and internal Way.

In the first Step, which is Fire, the Soul is illustrated by the Means of a divine and ardent Ray, inkindling the Affections divine, and drying up those which are but human. The second, is the *Unction*, sweet and spiritual, which diffusing itself all the Soul over, teaches it, strengthens it, and disposes it to receive and contemplate the divine Truth; and sometimes it extends even to Nature itself, corroborating it by Patience, with a sensible Pleasure that seems celestial.

The third is, the Elevation of the inner Man over itself, that it may get fittest to the clear Fountain of pure Love.

The fourth Step, which is Illumination, is an infused Knowledge, whereby the Soul contemplates sweetly the divine Truth, rising still from one Clearness to another, from one Light to another, from Knowledge

ledge to Knowledge, being guided by the Spirit divine.

The fifth, is a savoury Pleasure of the divine Sweetness, issuing forth from the plentiful and precious Fountain of the holy Ghost.

The sixth, is a sweet and admirable Tranquillity, arising from the Conquest of fighting within, and frequent Prayer; and this very few have Experience of. Here the Abundance of Joy and Peace is so great, that the Soul seems to be in a sweet Sleep, solacing and reposing itself in divine Love.



C H A P. XVI.

Signs to know the inner Man, and the Mind that is purged.

THE Signs to know the inner Man by, are four: The first, if the Understanding produce no other Thoughts than those which stir up to the Light of Faith; and the Will is so habituated, that it begets no other Acts of Love, than of God, and in order to him. The second, if when he ceases from an external Work, in which he was employed, the Understanding

standing and the Will are presently and easily turned to GOD. The third, if in entering upon Prayer, he forgets all outward Things, as if he had not seen nor used them. The fourth, if he carries himself orderly towards outward Things, as if he were entering into the World again, fearing to embroil himself in Business, and naturally disliking it, unless when Charity requires it of him.

Such a Soul as this is free from the outward Man, and easier enters into the interior Solitude, where it sees none but GOD, and itself in him; loving him with Quiet and Peace, and true Love. There, in that secret Center, GOD is kindly speaking to it, teaching it a new Kingdom, and true Peace and Joy.

This spiritual, abstracted, and retired Soul, hath its Peace no more broken, tho' outwardly it may meet with Combats; because through the infinite Distance, Tempests do never reach to that sereneest Heaven within, where pure and perfect Love resides; and though sometimes it may be naked, forsaken, fought against, and desolate, this is only the Fury of the Storm, which threatens and rages nowhere but without.

This

This secret Love within hath four Effects : The first is called Illumination ; which is a savoury and experimental Knowledge of the Greatness of God, and of its own Nothingness. The second is Inflammation ; which is an ardent Desire of being burnt, like the Salamander, in this kind and divine Fire. The third is Sweetness, which is a peaceable, joyful, sweet and intimate Fruition. The fourth is a swallowing up of the Powers in God ; by which Immersion the Soul is so much filled with God, that it cannot any longer seek, desire, or will any Thing, but its greatest and infinite Good.

From this fullest Satiety, two Effects arise : The first is a great Courage to suffer for God ; the second is a certain Hope or Assurance that it can never lose him, nor be separated from him.

Here in this internal Retirement the beloved Jesus hath his Paradise, to whom we may go up, standing and conversing on the Earth. And if thou desirest to know who he is, who is altogether drawn to this inward Retirement in God, I tell thee, it is he that in Adversity, in Discomfort of Spirit, and in the Want of Necessaries, stands firm and unshaken. These
constant

constant and inward Souls are outwardly naked, and wholly infused in God; whom they continually do contemplate; they live in God, and of himself; they shine brighter than a thousand Suns; they are beloved by the Son of God; they are the Darlings of God the Father, and elect Spouses of the holy Ghost.

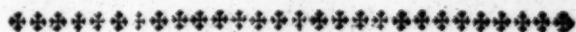
By three Signs is a Mind that is purged to be known. The first Sign is Diligence, which is a Strength of Mind that banishes all Neglect and Sloth, that it may be disposed with Earnestness and Confidence to the Pursuit of Virtue. The second is Severity, which likewise is a Strength of Mind against Concupiscence, accompanied with an ardent Love of Roughness, Vileness, and holy Poverty. The third is Benignity and Sweetness of Mind, which drives away all Rancour, Envy, Aversion and Hatred against one's Neighbour.

Till the Mind be purged, the Affection purified, the Memory naked, the Understanding brightened, the Will denied and set on Fire, the Soul can never arrive at the intimate and affective Union with God; and therefore, because the Spirit of God is Purity itself, and Light and Rest, the Soul (where he intends to make his Abode) must

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must have great Purity, Peace, Attention and Quiet. Finally, the precious Gift of a purged Mind, those only have, who with continual Diligence do seek, love, and retain it, and desire to be reputed the most vile in the World.



C H A P. XVII.

Of Divine Wisdom.

DIVINE Wisdom is an intellectual and infused Knowledge of the divine Perfections and Things eternal; which ought rather to be called Contemplation than Speculation. Science is acquired, and begets the Knowledge of Nature; Wisdom is infused, and begets the Knowledge of the divine Goodness; that desires to know what is not to be attained unto without Pain and Sweat; this desires not to know what it doth know, although it understands it all. In a Word, the Men who are scientificall, entertain themselves in the Knowledge of the Things of the World; and the Wise live swallowed up in God himself.

Reason, enlightened in the Wise, is a high and simple Elevation of Spirit, whereby

whereby he sees, with a clear and sharp Sight, all that is inferior to him, and what concerns his Life and Estate. This is that which renders the Soul simple, illustrated, uniform, spiritual, and altogether introverted, and abstracted from every created Thing. This moves and draws away, with a sweet Violence, the Hearts of the humble and teachable, filling them with abundance of Sweetness, Peace and Pleasantness. Finally, the wise Man says of it, that it brought him all good Things at once: *Venerunt mihi omnia bona pariter cum illa*, Wisd. vii. 11.

You must know, that the greatest Part of Men live by Opinion, and judge according to the Deceivableness of Imagination and Sense; but the Man that is wise, judges of every Thing according to the real Verity which is in it; whose Business is, to understand, conceive, penetrate into, and transcend every created Being, even to himself.

It is a great Property in a wise Man, to do much, and say little.

Wisdom is discovered in the Works and Words of the Wise; because he being absolute Master of all his Passions, Motions and Affections, is known in all his Doings,
like

like a quiet and still Water, in which Wisdom shines with Clearness.

The Understanding of mystical Truths is secret, and shut up from Men who are purely scholastical, unless they be humble; because it is the Science of Saints, and none know it but those who heartily love and seek their own Contempt. Therefore the Souls, who, by embracing this Means, get to be purely Mystical, and truly humble, dive even into the profoundest Apprehensions of the Divinity; and the more sensually Men do live, according to Flesh and Blood, the greater Distance are they at from this Mystical Science.

Ordinarily it is seen, that in the Man which hath much scholastical and speculative Knowledge, divine Wisdom doth not predominate; yet they make an admirable Composition when they both meet together. The Men of Learning, who by God's Mercy have attained to this Mystic Science, are worthy of Veneration.

The external Actions of the Mystical and Wise, which they do rather passively than actively, though they are a great Trouble to them, yet are ordered prudently by them, by Number, Weight and Measure.

The Sermons of Men of Learning, who want the Spirit, though they are made up of divers Stories, elegant Descriptions, acute Discourses, and exquisite Proofs, yet are by no Means the Word of God, but the Word of Men, plaited over with false Gold: These Preachers spoil Christians, feeding them with Vanity; and so they are, both of them, void of God.

These Teachers feed their Hearers with the Wind of hurtful Subtilties, giving them Stones instead of Bread, Leaves instead of Fruit, and unsavoury Earth mixed with poisoned Honey, instead of true Food. These are they that hunt after Honour, raising up an Idol of Reputation and Applause, instead of seeking God's Glory, and the spiritual Edification of Men.

Those that preach with Zeal and Sincerity, preach for God; those that preach without them, preach for themselves: Those that preach the Word of God with Spirit, make it take Impression in the Heart; but those that preach it without Spirit, carry it no farther than to the Ear.

Perfection doth not consist in teaching it, but in doing it; because he is neither the greatest Saint, nor the wisest Man,
that

that knows the Truth most, but he that practises it.

It is a constant Maxim, that divine Wisdom begets Humility; and that which is acquired by the learned, begets Pride.

Holiness does not consist in forming deep and subtil Conceits of the Knowledge and Attributes of God, but in the Love of God, and in Self-denial. Therefore it is more frequently observed, that Holiness is more amongst the Simple and Humble, than among the Learned. How many poor old Women are there in the World, which have little or nothing of human Science, but are rich in the Love of God! How many Divines do we see that are over Head and Ears in their vain Wisdom, and yet very bare in Things of true Light and Charity!

Remember that it is always good to speak like one that learns, and not like one that knows: Count it a greater Honour to be reputed a mere Ignoramus, than a Man of Wisdom and Prudence.

However, the Learned, who are purely speculative, have some little Sparks of Spirit, yet these do not fly out from the simple Bottom of eminent and divine Wisdom, which hath a mortal Hatred to

Forms and Species : The mixing of a little Science is always a Hindrance to the eternal, profound, pure, simple, and true Wisdom.

CH A P. XVIII.

Treating of the same.

THERE are two Ways which lead to the Knowledge of God. The one remote, the other near: The first is called Speculation; the second, Contemplation. The Learned, who follow scientific Speculation by the Sweetness of sensible Discourses, get up to God by this Means, as well as they can, that by this Help they may be able to love him: But none of those who follow that Way which they call Scholastical, ever arrive by that only to the Mystical Way, or to the Excellence of Union, Transformation, Simplicity, Light, Peace, Tranquillity and Love, as he doth, who is brought, by the divine Grace, by the Mystical Way of Contemplation.

These Men of Learning, who are merely scholastical, do not know what the Spirit is, nor what it is to be lost in God; nor are

are they come yet to the Taste of the sweet *Ambrosia*, which is in the inmost Depth and Bottom of the Soul, where it keeps its Throne, and communicates itself with incredible, intimate and delicious Affluence: Nay, some there are which do even condemn this Mystical Science, because they neither do understand nor relish it.

The Divine who doth not taste the Sweetness of Contemplation, has no other Reason to be given for it, but because he enters not by the Gate which *Paul* points to, when he says, "If any one among you seem to himself to be wise, let him become a Fool, that he may be wise; let him shew his Humility, by acknowledging himself ignorant."

It is a general Rule, and also a Maxim in Mystic Theology, that the Practice ought to be gotten before the Theory. That there ought to be some experimental Exercise of supernatural Contemplation, before a Search of the Knowledge, and an Inquiry after the full Apprehension of it.

Although the Mystical Science does commonly belong to the humble and simple, yet notwithstanding, Men of Learning are not incapable of it, if they do not seek themselves; nor set any Value upon
 G 3 their

their own artificial Knowledge; but more, if they can forget it, as if they never had it, and only make use of it in its own proper Place and Time.

The Study, which is not ordered for God's Glory only, is but a short Way to Hell; not through the Study, but the Wind of Pride, which begets it. Miserable is the greatest Part of Men at this Time, whose only Study is to satisfy the unsatisfiable Curiosity of Nature.

Many seek God, and find him not; because they are more moved by Curiosity, than sincere, pure, and upright Intention: They rather desire spiritual Comforts, than God himself; and as they seek him not with Truth, they neither find God, nor spiritual Pleasures.

He that does not endeavour the total denying of himself, will not be truly abstracted; and so can never be capable of the Truth, and the Light of the Spirit. To go towards the Mystical Science, a Man must never meddle with Things which are without, but with Prudence, and in that which his Office calls him to. Rare are the Men who set a higher Price upon hearing than speaking: But the wise and purely Mystical Man, never speaks
but

but when he cannot help it; nor doth he concern himself in any Thing but what belongs to his Office, and then he carries himself with great Prudence.

The Spirit of divine Wisdom fills Men with Sweetness, governs them with Courage, and enlightens those with Excellence who are subject to its Direction. Where the divine Spirit dwells, there is always Simplicity, and a holy Liberty. But Craft and Double-Mindedness, Fiction, Artifices, Policy, and worldly Respects, are Hell itself, to wise and sincere Men.

Know, that he who would attain to the Mystical Science, must be denied and taken off from five Things: First, from the Creatures. Secondly, from temporal Things. Thirdly, from resting in the very Gifts of the holy Ghost. Fourthly, from himself. Fifthly, he must be lost in God. This last is the completest of all: because that Soul only that knows how to be so taken off, is that which attains to being lost in God, and only knows where to be in Safety.

God is more satisfied with the Affection of the Heart, than that of worldly Science. It is one Thing to cleanse the Heart of all that which captivates and pollutes it, and

another Thing to do a thousand Things, though good and holy, without minding that Purity of Heart, which is the Main of all for attaining of divine Wisdom.

Never wilt thou get to this sovereign and divine Wisdom, if thou hast not Strength, when God cleanseth thee in his own Time, not only of thy Adherence to temporal and natural Blessings, but further, to supernatural and sublime ones, such as internal Communications, Extasies, Raptures, and other gratuitous Graces, whereon the Soul rests and entertains itself.

Many Souls come short of arriving to quiet Contemplation, to divine Wisdom, and true Knowledge, notwithstanding that they spend many Hours in Prayer, and receive the Sacrament every Day; because they do not subject and submit themselves wholly and entirely to him that hath Light, nor deny and conquer themselves, nor give up themselves totally to God, with a perfect divesting and disinteresting of themselves: In a Word, till the Soul be purified in the fire of inward Pain, it will never get to a State of Renovation, of Transformation, of perfect Contemplation, of divine Wisdom, and affective Union.

C H A P. XIX.

Of true and perfect Annihilation.

THOU must know that all this Fabric of Annihilation hath its Foundation but in two Principles. The first is, to keep one's self and all worldly Things in a low Esteem and Value ; from whence the putting in Practice of this Self-divesting, and of Self-renunciation, and forsaking all created Things, must have its rise, and that with Affection, and in Deed. The second Principle must be a great Esteem of God, to love, adore and follow him without the least Interest of one's own, let it be never so holy. From these two Principles still arise a full Conformity to the divine Will. This powerful and practical Conformity to the divine Will in all Things, leads the Soul to Annihilation and Transformation with God, without the Mixture of Raptures, or external Extasies, or vehement Affections : This Way being liable to many Illusions, with the Danger of Weakness, and Anguish of the Understanding, by which Path there is seldom any that gets up to the Top of Perfection, which is acquired by the other safe, firm and real Way,

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though

though not without a weighty Cross ; because therein the High-way of Perfection is founded ; which is seconded by many Gifts of Light, and divine Effects, and other Graces: Yet the Soul that is annihilated must be unclothed of it all, if it would not have them be a Hindrance to it in its Way to Glorification.

As the Soul makes continual Progress from its own Meanness, it ought to walk on to the Practice of Annihilation, which consists in the abhorring Honour, Dignity, and Praise ; there being no Reason that Dignity and Honour should be given to Vileness, and a mere Nothingness.

To the Soul that is sensible of its own Vileness, it appears an impossible Thing to deserve any Thing ; it is rather confounded, and knows itself unworthy of Virtue and Praise ; it embraces with equal Courage all Occasions of Contempt, Persecution, Infamy, Shame, and Affront, and as truly deserving of such Reproaches ; it renders the Lord Thanks, when it lights upon such Occasions, to be treated as it deserves ; and knows itself also unworthy that he should use his Justice upon it ; but above all, it is glad of Contempt and Affront, because it is God gets great Glory by it, Such

Such a Soul as this, always chooses the lowest, the vilest, and the most despised Degree, as well of Place, as of Clothing, and of all other Things, without the least Affectation of Singularity ; being of the Opinion, that the greatest Vileness is beyond its Deserts, and acknowledging itself also unworthy even of this. This is the Practice that brings the Soul to a true Annihilation of itself.

The Soul that would be perfect, begins to mortify its Passions ; and when it is advanced in that Exercise, it denies itself ; then, with the divine Aid, it passes to the State of Nothingness, where it despises and abhors itself, upon the Knowledge that it is nothing, that it can do nothing, and that it is worth nothing : From hence springs the dying in itself, and in its Senses, in many Ways, and at all Hours ; and finally, from this spiritual Death, the true and perfect Annihilation derives its Original ; insomuch, that when the Soul is once dead to its Will and Understanding, it is properly said to be arrived at the perfect and happy State of Annihilation, which is the last Disposition for Transformation and Union, which the Soul itself doth not understand, because

cause it would not be annihilated if it should come to know it: And although it do get to this happy State, yet it must know, that it must walk still on, and must be further and further purified and annihilated.

You must know, that this Annihilation, to make it perfect in the Soul, must be in a Man's own Judgment, in his Will, in his Works, Inclinations, Desires, Thoughts, and in itself; so that the Soul must find itself dead to its Will, Desire, Endeavour, Understanding, and Thought; willing, as if it did not will; desiring, as if it did not desire; understanding, as if it did not understand; thinking, as if it did not think, without inclining to any Thing; embracing equally Contempts and Honours, Benefits and Corrections. O what a happy Soul is that which is thus dead and annihilated! It lives no longer in itself, because God lives in it: And now it may most truly be said of it, that it is a renewed Phœnix, because it is changed, spiritualized, and transformed into the divine Image.

C H A P. XX.

In which is shewed, how this Nothing is the ready Way to obtain Purity of Soul, perfect Contemplation, and the rich Treasure of Peace internal.

THE Way to attain that high State of a Mind reformed, whereby a Man immediately gets to the greatest Good, to our first Original, and to the highest Peace, is his Nothingness. Endeavour, O Soul, to be always buried in that Misery. This Nothing, and this acknowledged Misery, is the Means whereby the Lord works Wonders in thy Soul. Clothe thyself with this Nothing, and with this Misery; and see that this Misery and this Nothing be thy continual Food and Habitation, even to the casting down thyself low therein; and then thou being in that Manner, the Nothing, the Lord will be the Whole in thy Soul:

Why, thinkest thou, do infinite Souls hinder the abundant Current of the divine Gifts? It is only because they would be doing something, and have a Desire to be great; all this is to come away from internal Humility, and from their own Nothing; and therefore they prevent those Wonders

Wonders which that infinite Goodness would work in them: They betake themselves to the very Gifts of the Spirit, and there they stick, and so the whole Work is spoiled. They seek not God with Truth, and therefore they find him not: For, know thou must, that there is no finding of him, but in the undervaluing of our own selves, and in Nothing.

We seek ourselves every Time we get out of our Nothing; and therefore we never get to quiet and perfect Contemplation. Enter in, as far as thou canst, into the Truth of thy Nothing, and then nothing will disquiet thee; nay, thou wilt be humble and ashamed, losing openly thy own Reputation and Esteem.

O what a strong Bulwark wilt thou find of that Nothing! What can ever afflict thee, if once thou dost retire into that Fortrefs? Because the Soul which is despised by itself, and in its own Knowledge, is Nothing, is not capable of receiving Grievance or Injury from any Body. The Soul which keeps within its Nothingness, is internally silent, lives resigned in any Trouble whatsoever, by thinking it less than what it doth deserve: It shuns the Suspicion of a Neighbour, never looks at
other

other Peoples Faults, but its own ; is free from abundance of Imperfections, and becomes Commander of great Virtue. Whilst the Soul keeps still and quiet in its Nothingness, it perfects it, it enriches it, the Lord draws his own Image and Likeness in it, without any Thing to hinder it.

By the Way of Nothing thou must come to lose thyself in God (which is the last Degree of Perfection) and happy wilt thou be, if thou canst so lose thyself ; then thou wilt get thyself Gain, and find thyself most certainly. In this state of Nothingness Simplicity is witnessed ; interior and infused Recollection is possessed, Quiet is obtained, and the Heart is cleansed from all Manner of Imperfection. O what a Treasure wilt thou find, if thou shalt once fix thy Habitation in Nothing ! thou wilt never concern thyself with any Thing that is without, (the great Step, that so many thousand Souls do stumble at) unless it be as thy Office may call thee to it.

If thou dost but get here, (where the Blows of Adversity can never come) nothing will vex thee, or break thy Peace. This is the Way of getting to the Command of thyself, because perfect and true Dominion do only govern in Nothing ; with the
 Helmet

Helmet of Nothing thou wilt be too hard for strong Temptations, and the terrible Suggestions of the envious Enemy.

Knowing that thou art nothing, and canst do nothing, thou wilt quietly embrace passive Drynesses, thou wilt endure sad Desolations, thou wilt undergo spiritual Afflictions and inward Troubles. By Means of this Nothing thou must die in thyself, many Ways, at all Times, and all Hours.

Who must awaken the Soul out of that sweet and pleasant Sleep, if once it comes to take a Rest in Nothing? This is the Way that *David* got to perfect Annihilation, without so much as knowing it : *Ad nihilum redactus sum & nescivi*, Psal. xvii. Keeping thyself in Nothing, thou wilt bar the Door against every Thing that is not of God ; thou wilt retire also from thine own self, and walk towards that internal Solitude, where the divine Spouse speaks in the Heart of his Bride, teaching her high and divine Wisdom. Center here, and thou shalt find a holy Sanctuary against any Tempest whatsoever.

By this Way must thou return to the happy State of Innocency, forfeited by our first Parents. By this Gate thou must enter into the happy Land of the Living, where

where thou wilt find the greatest Good, the Breadth of Charity, the Beauty of Righteousness, the strait Line of Equity and Justice; and in sum, every Jot and Tittle of Perfection. Lastly, look at nothing, desire nothing, will nothing, nor endeavour nothing; and then, in every Thing, thy Soul will live reposed with Quiet and Enjoyment.

This, this is the Way to get Purity of Soul, perfect Contemplation, and Peace internal: Walk therefore in this safe Path, and endeavour to overwhelm thyself in this Nothing, endeavour to lose thyself, to sink deep into it, if thou hast a Mind to be annihilated, united and transformed.

C H A P. XXI.

*Of the high Felicity of internal Peace,
and the wonderful Effects of it.*

THE Soul being once annihilated and renewed with perfect Simplicity, finds in its superior Part a profound Peace, and a sweet Rest, which brings it to such a perfect Union of Love, that it is joyful all over: And such a Soul as this, is already arrived to such a Happiness, that it neither
wills

wills nor desires any Thing but what its Beloved wills; it conforms itself to his Will in all Emergencies, as well in Comfort as Anguish, and rejoices also in every Thing to do the divine good Pleasure.

There is nothing but what comforts it; nor doth it want any Thing, but what it can well want: To die, is Enjoyment to it; and to live, is its Joy: It is as contented here upon Earth, as it can be in Paradise; it is as glad under Privation, as it can be in Possession; in Sicknes, as it can be in Health; because it knows that this is the Will of its Lord. This is its Life, this its Glory, its Paradise, its Peace, its Repose, its Rest, its Consolation, and highest Happiness.

If it were necessary to such a Soul as this, which is gotten up by the Step of Annihilation to the Region of Peace, to make its Choice, it would choose Desolation, before Comfort; Contempt, before Honour; because the loving Jesus made great Esteem of Reproach and Pain; if it first endured the Hunger of the Blessings of Heaven, if it thirsted for God, if it had the Fear of losing Him; the Lamentation of Heart, and the Fighting of the Devil: Now Things are altered, and
Hunger

Hunger is turned into Satisfying, the Thirst into Satiety, the Fear into Assurance, the Sadness into Joy, and the fierce Fighting into the greatest Peace. O happy Soul, that enjoys here on Earth so great a Felicity! Thou must know, that these kind of Souls (though few they are) are the strong Pillars which support the Church, and such as abate the divine Indignation.

And now this Soul, that is entered into the Heaven of Peace, acknowledges itself full of God and his supernatural Gifts; because it lives grounded in a pure Love, receiving equal Pleasure in Light and Darkness, in Night and Day, in Affliction and Consolation: Through this holy and heavenly Indifferency, it never loses its Peace in Adversity, nor its Tranquillity in Tribulation, but sees itself full of unspeakable Enjoyments.

And although the Prince of Darkness makes all the Assaults of Hell against it, with horrible Temptations, yet it makes Head against them, and stands like a strong Pillar; no more happening to it by them, than happens to a high Mountain, and a deep Valley, in the Time of Storm and Tempest.

The Valley is darkened with thick Clouds,

Clouds, fierce Tempests of Hail, Thunder, Lightning and Hailstones; at the same Time the lofty Mountain glitters, by the bright Beams of the Sun, in Quietness and Serenity, continuing clear like Heaven, immoveable, and full of Light.

The same happens to this blessed Soul: the Valley of the Part below, is, suffering Tribulations, Combats, Darknes, Desolations; and at the same Time, on the lofty Mountain of the higher Part of the Soul, the true Sun casts its Beams; it enflames and enlightens it, and so it becomes clear, peaceable, resplendent, quiet, serene, being a mere Ocean of Joy.

So great therefore is the Quiet of this pure Soul, which is gotten up the Mountain of Tranquillity, so great is the Peace of its Spirit, so great the Serenity and Chearfulness that is within, that a remnant and glimmering of God does redound even to the outside of it.

Because in the Throne of Quiet are manifest the Perfections of spiritual Beauty; here the true Light of the secret and divine Mysteries of our holy Faith, here perfect Humility, the amplest Resignation, Chastity, Poverty of Spirit, the Sincerity and Innocency of the Dove, external Modesty,

deſty, Silence and internal Solitude, Liberty, and Purity of Heart ; here the Forgetfulneſs of every created Thing, even of itſelf, joyful Simplicity, heavenly Indifferency, continual Prayer, a total Nakedneſs, perfect Diſinterreſtedneſs, a moſt wiſe Contemplation, a Converſation of Heaven : and laſtly, the moſt perfect and ſerene Peace within ; of which this happy Soul may ſay what the wiſe Man ſaid of Wiſdom, that all other Graces came along in Company with her : *Venerunt mihi omnia bona paritur cum illa*, Wiſd. xvii. 11.

This is the rich and hidden Treafure ; this is the loſt Groat of the Goſpel ; this is the bleſſed Life, the happy Life, the true Life, and the Bleſſedneſs here below.

O thou lovely Greatneſs, that paſſeſt the Knowledge of the Sons of Men ! O excellent ſupernatural Life, how admirable and unſpeakable art thou, for thou art the very Draught of Bleſſedneſs ! O how much doſt thou raiſe a Soul from Earth, which loſes in its View all Things of the Vileness of Earth ! Thou art poor to look upon, but inwardly thou art full of Wealth ; thou ſeemeſt low, but art exceeding high ; in a Word, thou art that which makeſt Men live a Life divine here below. Give
me,

me, O Lord, thou greatest Goodness, give me a good Portion of this heavenly Happiness and true Peace, that the World, sensual as it is, is neither capable of understanding nor receiving.

C H A P. XXII.

A mournful Exclamation to God, for the small Company of Souls that arrive at Perfection, the loving Union, and the divine Transformation.

O Divine Majesty, in whose Presence the Pillars of Heaven do quake and tremble! O thou Goodness infinite, in whose Love the Seraphims burn! Give me leave, O Lord, to lament our Blindness and Ingratitude: We all live in Mistakes, seeking the foolish World, and forsaking thee, who art our God: We forsook thee, the Fountain of living Waters, for the stinking Dirt of the World.

O we Children of Men! How long shall we follow after Lying and Vanity? Who is it that hath thus deceived us, that we should forsake God, our greatest Good? Who is it that speaks the most Truth to us? Who is it that loves us most? Who defends

defends us most? Who is it that doth more to shew himself a Friend? Who more tender to shew himself a Spouse, and most good to be a Father? That our Blindness should be so great, that we should forsake this greatest and infinite Goodness.

O divine Lord! What a few Souls are there in the World which do serve thee with Perfection! How small is the Number of those who are willing to suffer, that they may follow CHRIST crucified, that they may embrace the Cross, that they may deny and condemn themselves! O what a Scarcity of Souls are there which are disinterested and stripped! How few are those Souls which are dead to themselves, and alive to God, which are totally resigned to his divine good Pleasure! How few those who are adorned with simple Obedience, Knowledge of themselves, and true Humility! How few those, which with an intire Indifference give up themselves into the Hands of God, to do what he pleases with them! How few are there of those pure Souls which be of a simple and disinterested Heart, and which, putting off their own Understanding, Knowledge, Desire and Will, do long for Self-denial and spiritual Death! O
what

What a Scarcity of Souls is there which are willing to let the divine Creator work in them a Mind to suffer, that they may reign; and to die, that they may live! How few are the Souls which are willing to forget themselves, to free their Hearts from their own Affections, their own Desires, their own Satisfactions, their own Love and Judgments! That are willing to be led by the High-way of Self-denial and the internal Way! That are willing to be annihilated, dying to themselves and their Senses! That are willing to let themselves be emptied, purified and unclothed, that God may fill, and clothe, and perfect them! In a Word, how small, O Lord, is the Number of those Souls which are perfectly contemplative!

O the Shame of us the Children of Adam! Who for a Thing of mere Vileness, do despise true Felicity, and hinder our greatest Good, the rich Treasure and infinite Goodness! Great Reason has Heaven to lament, that there are so few Souls to follow its precious Path-way. *Vix Sion lugent, eo quod non sint qui veniant ad solemnitatem, Lam. i. 4.*

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